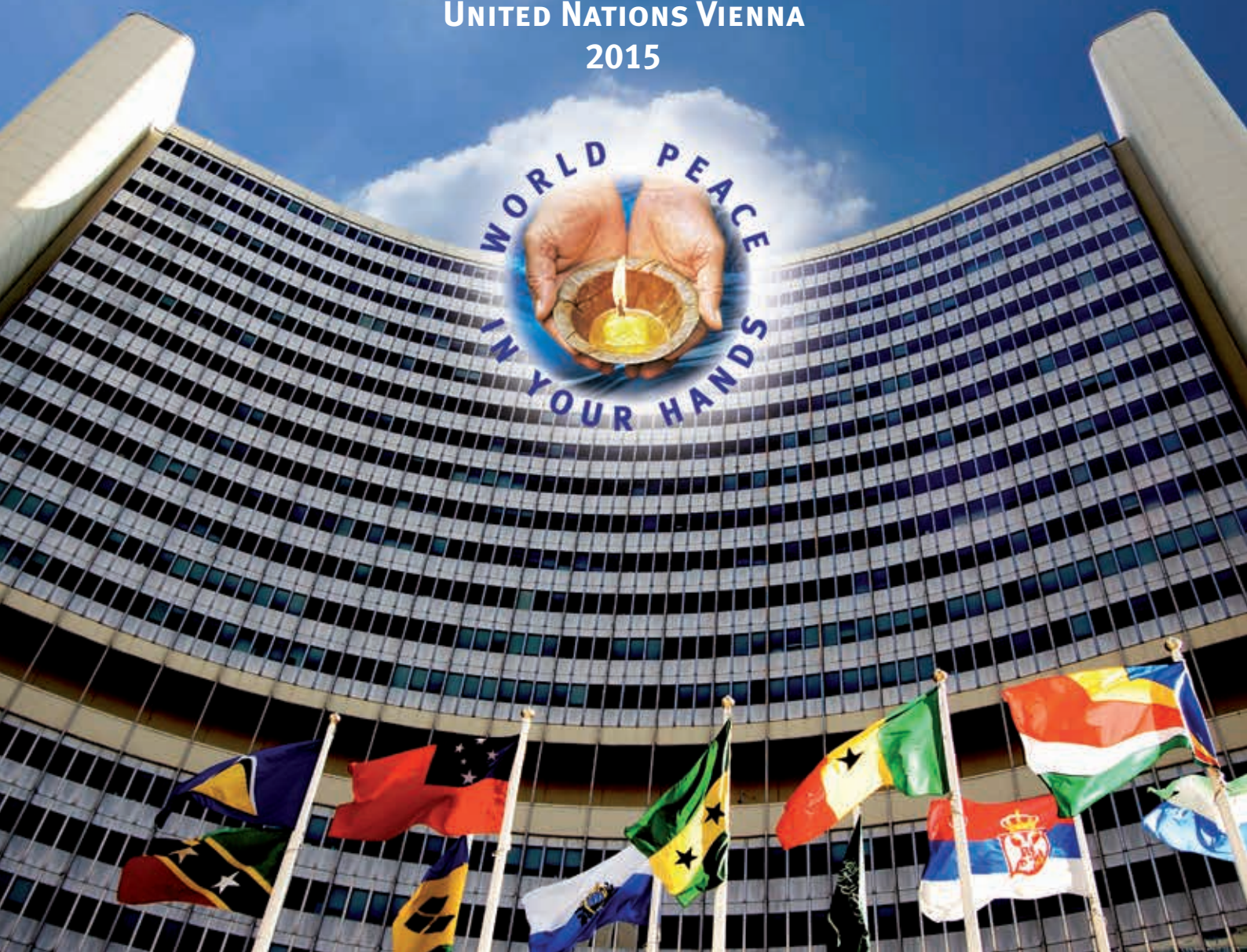
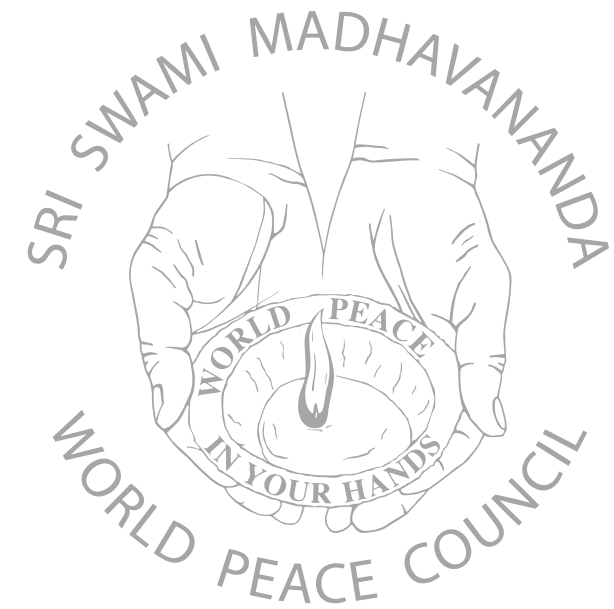




YOGA – a Path to Non-Violence and World Peace

UNITED NATIONS VIENNA
2015





YOGA

– a Path to

Non-Violence and World Peace

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YOGA – A PATH TO NON-VIOLENCE AND PEACE

"The mightiest power in humans is the power of thought. But now is the time to use our intellectual energy for the benefit of the world, rather than being the cause of its destruction. The path of Yoga helps us to unearth the valuable treasury of spiritual knowledge buried within the Heart and put it to good use. In this way each of us can contribute something worthwhile to the planet and its recovery."

Paramhans Swami Maheshwarananda

In the last 60 years technology and science made immense progress and development. But is this development in harmony with the nature? What are the side effects of this development? Unfortunately, in the world of today, money is the driving force in decisions making process. It is this condition that is responsible for the critical situation of our world.

The worst pollution is the mental pollution. The whole environment is poisoned due to human greed. Gandhi said: "Mother Earth has everything for our needs, but not enough for our greed." Living in absence of spiritual and ethical values has robbed people of the knowledge of their interconnectedness with nature and all of life.

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 purchased in the market, they can only be developed within.

A Yogi would say, 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 happiness and forgiveness.

Ahimsa Paramo Dharma – Non-violence is the highest principle. No one should harm anybody by thoughts, words or actions. The highest obligation for all humans is to protect, not destroy. This means to protect all life, not only human life but animal life too. This is why yogis are choosing to be vegetarians.

The Chairman of IPCC (Intergovernmental Panel of Climate Change) who received the Peace Nobel Prize on behalf of this Commission, Rajendra K. Pachauri said in his acceptance speech: "To solve the problem of climate change and to have enough food there is only one way: to become vegetarian."


Sustainable living and lasting world peace can only be achieved if humans re-awaken to the significance of maintaining their ethical and spiritual values, whilst fostering a genuine commitment to care for the community of life with understanding, compassion and love.

For the sake of the life of this planet and for our children, we shall come to a natural way of life. Dear brothers and sisters, spirituality doesn't mean only meditation. It's a noble way of life!

Yoga In Daily Life, the system is created for the modern civilization and based on the ancient authentic literature, the philosophy of non-dualism. The regular practice of yoga brings physical, psychic, social and spiritual health and it guides toward self-realization. Self-inquiry meditation from Yoga in Daily Life provides a tool for overcoming negative emotions and awakening consciousness.

That is why the global efforts of the Sri Swami Madhavananda World Peace Council and Yoga in Daily Life International, are committed to restoring awareness of the shared responsibilities we have as citizens of this earth. Responsibility not only to fellow humans, but also to fellow creatures of the earth, and our natural environment. Yoga practice offers a scientific psychosomatic practice for awakening consciousness for achieving this.

Our Slogan is: WE DO CARE! We are here for all.



Paramhans Swami Maheshwarananda
Founder and President
of Sri Swami Madhavananda World Peace Council



Monsignor David Cappo
Vice-President SMWPC



Irina Bokova
Director-General of UNESCO

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WORLD PEACE COUNCIL CONFERENCE

VIENNA, AUSTRIA, OCTOBER 2015.

I wish to send my greetings to all the delegates of the World Peace Council Conference being held in the beautiful city of Vienna, in October 2015.

I also 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 non-violence, 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 happy birthday greetings to Swamiji as he celebrates his 70th birthday! 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



United Nations
Educational, Scientific and
Cultural Organization
Organisation
des Nations Unies
pour l'éducation,
la science et la culture
Organización
de las Naciones Unidas
para la Educación,
la Ciencia y la Cultura
Организация
Объединённых Наций по
вопросам образования,
науки и культуры
منظمة الأمم المتحدة
للثقافة والعلم والتعليم
联合国教育、
科学及文化组织

Message from Ms Irina Bokova,
Director-General of UNESCO
on the occasion of the World Peace Council Conference
"Yoga: A Path to Non-Violence and World Peace"

Vienna, 2 October 2015

I am honoured to send a message of support to all participants of the Conference "Yoga, A Path to Non-Violence and World Peace", held on 2 October, 2015 in Vienna, Austria.

Yoga is a path to peace, which proposes a holistic and healthy lifestyle, by revealing the union between body and mind, with nature and the world. This year, we celebrated for the first time the *International Day of Yoga*, a proposal by His Excellency Prime Minister Narendra Modi, which was co-sponsored by an overwhelming number of Member States in the United Nations General Assembly.

I believe that it is symbolic and important that this celebration is held in the year when States reach the deadline of the Millennium Development Goals and shape a new global sustainable development agenda. These are turbulent times, when societies are transforming, conflicts are on the rise, and the planet faces increasing pressure. Yoga embodies a humanist vision for the world -- a vision that bears the imprint of the great leader Mahatma Gandhi in its commitment to the principles of compassion, conviviality, solidarity, reconciliation and peace.

Born in India, Yoga now belongs to all of humanity, representing today a truly transformative force, accessible to every woman and man, aspiring to contribute to more peaceful, inclusive and harmonious societies, on the basis of a shared conviction that peace begins from within. This idea echoes with UNESCO's Constitution, which opening line states that "*since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed*". More than 6000 years old, Yoga is a remarkable example of intercultural dialogue, being taken forward within the framework of the *International Decade of the Rapprochement of Cultures* that UNESCO is currently leading across the world.

In this spirit, I wish to congratulate the *World Peace Council* for its work to share the power of Yoga all around the world through the teachings of Sri Swami Madhavanandaji on tolerance, peace, non-violence and the protection of nature.

I wish you a very fruitful conference.

Irina Bokova



His Holiness Paramhans Sri Swami Madhavananda
and his message

"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."

Paramhans Swami Madhavanandaji

In this world, we sometimes are fortunate to have rare persons among us, whose very existence and spiritual strength ennoble the whole humanity and all living beings. His Holiness Hindu Dharmasamrat Paramhans Sri Swami Madhavananda Puriji verily was one of the rare spiritual leaders of our time. He was the successor of a Spiritual Master Lineage that starts with the legendary master of the Himalayas, Maha Siddha Yogi Sri Alakh Puriji, followed by divine incarnations, great yogis and siddhas, Sri Devpuriji and Sri Mahaprabhuji, Holy Gururji, as he was called by his bhaktas, attained the blessed state of God-Realization through pure devotion and service to all creatures in the name of his Master Sri Mahaprabhuji.

He carried his devotion to the Almighty and love for all beings at numerous journeys through India and other parts of the world. In order to enable mankind to follow and practice Sri Mahaprabhuji's teachings "Love each and every living being at least as much as yourself", 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."

After travelling through India, Europe and North America spreading the teachings of Mahaprabhuji, he lived mostly in his ashrams in Rajasthan and worked for the wellbeing of the entire world through prayer and meditation.

H. H. Swami Madhavanandaji was incarnated on 11th September 1923 and attained Mahasamadhi on 31st October 2003. In honour of him and to continue his divine message for the sake of world peace, environmental protection, ethic 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 Sri Swami Madhavananda World Peace Council was founded, and World Peace Summits have been held annually in different countries.

By setting an example through his life of pure devotion to God and service to all living beings, His Holiness Paramhans Swami Madhavanandaji has been and will remain an inspiration to all seekers of the Truth.



Mahatma Gandhi
and his message to the world

"To see the universal and all pervading spirit of truth, we must be able to love even the most miserable creatures 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 religion is." (M. K. Gandhi, My Autobiography or The Story of My Experiments with Truth)

It was said that the Capital of India was wherever Gandhi was. Mohandas Karamchand Gandhi called Mahatma "great soul" inspired millions of Indians as a living example with his ascetic life in simplicity, kindness and love. Even today, Gandhi is the symbol of non-violence and truth, arousing admiration and a wish to follow him. Martin Luther King Jr. said: "If humanity is to progress, Gandhi is inescapable. He lived, though and acted, inspired by the vision of humanity evolving towards a world of peace and harmony. We may ignore Gandhi at our own risk."

Gandhi's life story is full of courage, determination and religious willpower. His sincerity and modesty was exemplary. He never taught what he had not practiced himself. Gandhi's timeless message is to fight injustice and cruelty by means of love and truth. This is the message, which can be put into action for solving current social, political and ecological problems.

Gandhi motivated masses and stood up against discrimination and suppression with three concepts that were the pillars of his philosophy: Satyagraha, Ahimsa and Brahmacharya. Satyagraha - well known after Gandhi's numerous campaigns - means "strength through truth and love". His thorough studies of the Bhagavad Gita and the Holy Bible has led him to the conviction that humanity must always stand up against evil - holding the other cheek out. With this Gandhi didn't mean to accept injustice but to actively stand up against it without violence. Realization of the Truth is not at all possible without Ahimsa (Non-violence). That is why it is said that Ahimsa is the supreme Dharma (Duty).

The Mahatma respected the principle of Ahimsa, non-violence against 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 irrespective of gender, caste, nationality, race or religion.

The faith in his opponents and perceiving every means leading to a peaceful solution points to the third pillar of his philosophy Brahmacharya meaning "renouncement of worldly things and orientation to God." „Believe in Truth, think Truth and live Truth. Howsoever triumphant untruth may seem to be, it can never prevail against truth".

Perhaps Mahatma Gandhi's greatest merit to the world was to actively live non-violence, truth and faith. Even as drops of water make an ocean, so we, too, through friendship and understanding, become an ocean of friendliness. The shape of the world would indeed be transformed if all of us live in such a spirit of love and amity with one another.



Narendra Modi ji
Prime Minister of India



सत्यमेव जयते

STATEMENT by
H.E. NARENDRA MODI,
PRIME MINISTER OF INDIA

GENERAL DEBATE
69TH SESSION OF THE
OF THE
UNITED NATIONS GENERAL ASSEMBLY

New York SEPTEMBER 97

Mr. President and distinguished delegates, Let me first congratulate you on your election as the President of the 69th session of United Nations General Assembly. It is truly a great honour to address you for the first time as the Prime Minister of India. I stand here conscious of the hopes and expectations of the people of India. I am also mindful of the expectations of the world from 1.25 billion people. India is a country that constitutes one-sixth of humanity; a nation experiencing economic and social transformation on a scale rarely seen in history. Every nation's world view is shaped by its civilization and philosophical tradition. India's ancient wisdom sees the world as one family. It is this timeless current of thought that gives India an unwavering belief in multilateralism. Today, as I stand here, I am equally aware of the hopes that are pinned on this great assembly. I am struck by the sacred belief that brought us together. An extraordinary vision and a clear recognition of our shared destiny brought us together to build this institution for advancing peace and security, the rights of every human being and economic development for all. From 51 nations then, today 193 sovereign hope.

We have achieved much in the past six decades in our mission in ending wars, preventing conflict, maintaining peace, feeding the hungry, striving to save our planet and creating opportunities for children. The world is witnessing tensions and turmoil on a scale rarely seen in recent history. There are no major wars, but tensions and conflicts abound; and, there is absence of real peace and uncertainty about the future. ... Today, more than ever, the need for an international compact, which is the foundation of the United Nations, is stronger than before. While we speak of an interdependent world, have we become more united as nations? ... On the one side, we say that our destinies are inter-linked, on the other hand we still think in terms of zero sum game. If the other benefits, I stand to lose. It is easy to be cynical and say nothing will change; but if we do that, we run the risk of shirking our responsibilities and we put our collective future in danger.

Let us bring ourselves in tune with the call of our times. First, let us work for genuine peace. No one country or group of countries can determine the course of this world. There has to be a genuine international partnership. This is not just a moral position, but a practical reality. We need a genuine dialogue and engagement between countries. I say this from the conviction of the philosophical tradition that I come from. Our efforts must begin here - in the United Nations. ... We should put aside our differences and mount a concerted international effort to combat terrorism and extremism. ... We should ensure that there will be peace, stability and order in the outer space and cyber space. We should work together to ensure that all countries observe international rules and norms. ... Second, we must pursue a more stable and inclusive global development. Globalisation has created new poles of growth; new industries; and new source of employment. At the same time, billions live on the edge of poverty and want; countries that are barely able to survive a global economic storm. There has never been a time when it has seemed more possible than now to change this. Technology has made things possible; the cost of providing it has reduced. We no longer are totally dependent on bricks and mortars.

... At one level, it means a better coordination of policy so that our efforts becomes mutually supportive, not mutually damaging. It also means that when we craft agreements on international trade, we accommodate each other's concerns and interests. When we think of the scale of want in the world - 2.5 billion people without access to basic sanitation; 1.3 billion people without access to electricity; or 1.1 billion people without access to drinking water, we need a more comprehensive and concerted direct international action. ... The eradication of poverty must remain at the core of the Development Agenda and command our fullest attention. Third, we must seek a more habitable and sustainable world. There are debates on animals, clean rivers and lakes and blue skies. I want to say three things. One, we should be honest in shouldering our responsibilities in meeting the challenges. The world had agreed on a beautiful balance of collective action - common but differentiated responsibilities. That should form the basis of continued action. This also means that the developed countries must fulfil their commitments for funding and technology transfer. Second, national action is imperative. Technology has made many things possible. We need imagination and commitment. ... Third, we need to change our lifestyles. Energy not consumed is the cleanest energy.

We can achieve the same level of development, prosperity and well-being without necessarily going down the path of reckless consumption. It doesn't mean that economies will suffer; it will mean that our economies will take on a different character. For us in India, respect for nature is an integral part of spiritualism. We treat nature as bounties as sacred. Yoga is an invaluable gift of our ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day. Finally, We are at a historic moment. Every age is defined by its character; and, each generation is remembered for how it rose together to meet its challenges. We have that responsibility to rise to our challenges now. Nowhere is this more pronounced than in this great assembly, we should ask ourselves whether we should wait until we are 80 or 100. Let us fulfil our promise to reform the United Nations Security Council by 2015. Let us fulfil our pledge on a Development Agenda so that there is new hope and belief in us around the world. Let us make also a new watershed for a sustainable world. Let it be the beginning of a new journey together.



Ban ki-moon
UN General Secretary

Remarks at General Assembly
High-Level Forum on Culture of Peace
United Nations Secretary-General
Ban Ki-moon,
09 September 2015

Today's meeting is about the very hard truths in our world – where people are suffering and dying from violence and atrocity crimes. Syria is the world's worst humanitarian crisis today. I have condemned the parties – especially the Government – for reported grave violations of human rights and international humanitarian law that may amount to war crimes and crimes against humanity. In Syria, Iraq and beyond, we are doing everything possible to save lives.

We need political will and we need funds. All those with influence must rise above their narrow interests and work for the greater good of the region and our world. The United Nations is also striving to protect the cultural heritage that is threatened by violent extremism. Cultural heritage lives in vibrant societies that enjoy peace, security and development – and in the artefacts of our past. It is tragic to see ancient monuments of our shared heritage now falling to destructive criminals in Syria and elsewhere. I support the #Unite4Heritage campaign launched by UNESCO earlier this year.

Across too many war-torn regions, we see brutal violations of international humanitarian and human rights law. Even in mostly peaceful, democratic societies, minorities are attacked for their race, sexual orientation or some other difference – when they should be embraced for our common humanity. In this globalized world, we cannot turn our eyes away from the suffering. We cannot close our hearts. Our responsibility is collective and imperative. We have to protect civilians. The failure to end the suffering in Syria is seen in camps and homes in Jordan, Lebanon and Turkey – and in the heartbreaking refugee crisis in Europe.

I have been speaking regularly to leaders across Europe. I understand the challenges. Most of the people arriving in Europe have been forced to flee their homes. Just a few years ago, they worked as professionals. Their children were in school. They didn't want to leave – they were driven out by terrifying violence. I am urging a common and humane response.

This is a global issue. That is why, during this year's high-level week, I will bring leaders together for a special meeting to promote a systematic approach to migrant and refugee flows. We have seen inspiring responses. I pay tribute to all those countries, communities and people who have shown

compassion. I also echo the voices speaking out against xenophobia and discrimination. We cannot build a culture of peace without an active campaign against division and injustice. To be more than just soothing words, the culture of peace demands courageous practice. Our road map is the Declaration and Programme of Action on a Culture of Peace. For more than ten years, we have been striving to carry out this action by promoting education, defending human rights and advancing solidarity.

Our world is moving fast – and so are the forces of division and hate. I am especially appalled by those who carry out violent attacks in the name of the world's great religions. They claim glory but they only bring shame. I am grateful to all faith leaders who have denounced these criminals. And I look especially to the world's youth to help build a culture of peace. The vast majority of the world's 1.8 billion young people yearn for peace, security and development. That is why I am calling for giving young people a seat at the negotiating table. It is time to invest in young people as peacebuilders. They can make massive contributions to lasting stability.

I applaud UNESCO for having organized a conference on "Youth and the Internet: Fighting Radicalization and Violent Extremism" in June. I support the call made there by Director General Irina Bokova of UNESCO to mobilize the full power of the Internet for peace. I thank my Youth Envoy, Ahmad Alhendawi, for taking up that call to action. In just a few weeks, the United Nations will adopt the 2030 Agenda for Sustainable Development, our new vision for building a world of dignity for all. The sustainable development goals offer a holistic approach to economic, social and environmental advancement. This is also central to preventing conflicts and nurturing a culture of peace.

We are now marking the 70th anniversary of the United Nations founding. This organization was born into a shattered world. Multilateralism was urgently needed – but no one could say for sure whether this new United Nations would be up to the job.

Since then, the United Nations has proven its strength and endurance, saving countless lives and upholding our shared values. The United Nations still works on the frontlines of human misery, caring for more refugees than since our founding and deploying more peacekeepers than ever before. While we rush to emergencies, we are also working to prevent conflicts and promote reconciliation. We need to act on all fronts. We owe this to future generations.

I began this year with a trip to India, where I visited the Sabarmati Ashram established by Mahatma Gandhi. I thank his grandson here for joining us today. It was a privilege to tour the ashram. After, I recalled Gandhi's stern warning that, "There will be no lasting peace on earth unless we learn not merely to tolerate but even to respect the other faiths as our own." Mahatma Gandhi proved that the culture of peace can change the course of history. Let us carry on this legacy until we end the terrible suffering in our world and establish lasting peace.
Thank you.



Ban ki-moon
UN General Secretary



For information only – not an official document

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UNIS/SGSM/669
1 October 2015

United Nations Secretary-General Ban Ki-moon:

Message for the International Day of Non-Violence
2 October 2015

VIENNA, 2 October (UN Information Service) – This year, as we commemorate the 70th anniversary of the United Nations, the International Day of Non-Violence has special importance.

At a time of escalating conflicts, violent extremism, displacement and humanitarian need, the courage and determination of Mahatma Gandhi, whose birthday we celebrate today, is an inspiration for us all.

Gandhi showed the power of peacefully opposing oppression and hatred. He showed how cooperation and tolerance can prevail over injustice. He demonstrated the great value of the rule of law in breaking vicious circles of vengeance.

The United Nations stands for the peaceful resolution of disputes and for mutual respect across culture, faith and other lines that might divide.

The International Decade for the Rapprochement of Cultures, first proposed by UNESCO for the period 2013 - 2022, has generated a wide range of creative projects that demonstrate the power of diversity and dialogue as forces for peace.

The newly 2030 Agenda for Sustainable Development can also point the way towards reducing violence. A more sustainable world will be a safer world.

On this year's International Day of Non-violence, let us recall the achievements of Mahatma Gandhi -- and renew our commitment to non-violence and lives of dignity for all.

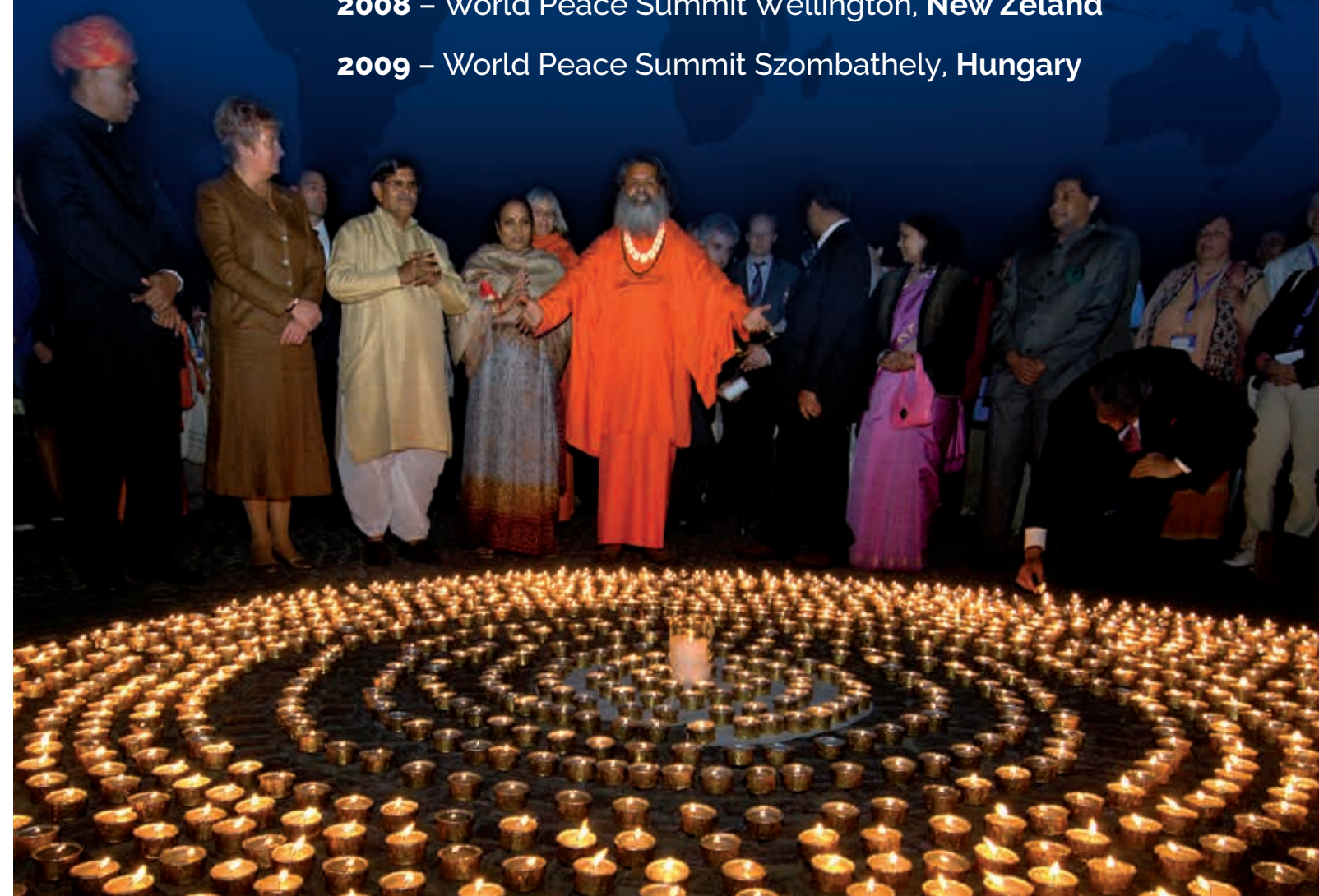
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WORLD PEACE COUNCIL
The Message of Sri Swami MADhavananda and Mahatma Gandhi

Summit history

- 2002** – International Conference Vienna, **Austria**
- 2003** – World Peace Forum Sydney, **Australia**
- 2004** – World Peace Summit - Brno, **Czech Republic**
- 2005** – World Peace Summit - Zagreb, **Croatia**
- 2006** – World Peace Summit Ljubljana, **Slovenia**
- 2007** – World Peace Summit Bratislava, **Slovak Republic**
- 2008** – World Peace Summit Wellington, **New Zealand**
- 2009** – World Peace Summit Szombathely, **Hungary**



The Sri Swami Madhavananda World Peace Council (SMWPC) in the UN

Hindu Dharmasamrat Paramhans Sri Swami Madhavananda Puriji (1923-2003), a self-realized Saint of the Dasnami Sampradaya Panchayati Maha Nirvani Akhara, founded and established by Sri Adi Shankaracharya (788-820), belonged to the spiritual Master-lineage of the OM Sri Alakhpuriji Siddha Peeth Parampara. He attained God-realization through pure devotion and service to his Master. HH Paramhans Swami Maheshwarananda Puriji, Vishwaguruji, as we affectionately call him, the spiritual successor of Paramhans Sri Swami Madhavananda (Holy Gururji) established the Sri Swami Madhavananda World Peace Council (SMWPC) to commemorate, and pay homage to his revered Master.

2 October, the International Day of Non-Violence is the UN's tribute to Mahatma Gandhiji, the leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence, who was born on this very day 146 years ago.

Intriguingly, Secretary-General, Mr. Ban Ki-moon launched the UN@70, the celebrations of the UN's 70th anniversary in New Delhi on 12th January, this year. On the previous day the Secretary-General paid a visit to the Sabarmathi Ashram in Gujarat to reflect on the legacy of the Mahatma and recalled his words. Gandhiji once said "India would be morally bound to help the United Nations".

The Sri Swami Madhavananda World Peace Council (SMWPC) and Yoga in Daily Life (YIDL), two humanitarian, philanthropic NGOs in consultative status with the UN ECOSOC, overseen by Vishwaguru Paramhans Swami Maheshwarananda, have taken up Gandhiji's call and are committed to fulfil the Millennium Development Goals and to support the UN's post-2015 development agenda. This is to briefly assess the SMWPC's and YIDL's major UN-related activities:

In 2002 to contribute to the Achievement of Universal Primary Education (MDG 2, SDG 4) on the premises of the Om Vishwa Deep Gurukul Swami Maheshwarananda Ashram Education & Research Centre (Om Ashram), Jadan, Rajasthan a primary school was established to enrol the underprivileged children of the rural India. Jadan School now delivers education from pre-school levels to bachelor's degrees for over 1,500 students. The Gyan Putra scheme of Jadan School provides free transportation, textbooks, uniforms and free meals to the most deprived children to help them emerge from extreme poverty. To bridge the digital divide and to contribute to the knowledge society Jadan School is equipped with 21st century information technology.

To promote Gender Equality and the Empowerment of Women (MDG 3, SDG 5) educational services are offered free of charge to all girl students. The Sri Swami Madhavananda Hospital, a further initiative on the grounds of the Om Ashram, and Jadan School offer a joint community health care educational programme for women. In line with the UN's new, 2030 development Agenda volunteer health mentors are trained at the hospital to protect and empower children, disabled and older persons, the most vulnerable people of society. To Improve Maternal Health (MDG 5) and Ensure healthy lives and promote well-being for all at all ages (SDG 3) the Sri Swami Madhavananda Hospital operates with numerous departments, including a 24-hour ambulance service, helping people with serious life-threatening conditions and providing treatment for tuberculosis, malaria, hepatitis and other water-born and communicable diseases.

Under the framework of Ensuring Environmental Sustainability (MDG 7, SDG 6, SDG 15) the Sri Swami Madhavananda World Peace Council launched its Desert Rainwater Harvesting Initiative (DRWHI) at the World Summit for Sustainable Development in Johannesburg, 2002. The programme that was further introduced at the Rio+20 and the Budapest Water Summit (2013) 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 water gained through the DRWHI is additionally taken advantage of by the programme's 24-hour fire and rescue services.

Climate change is directly affected by the carbon released into the atmosphere due to deforestation and forest degradation. The joint Forestation and Tree Planting programme (SDG 13, SDG 15) of the Sri Swami Madhavananda World Peace Council and Yoga in Daily Life, which led to the planting of well over 15 million trees, was initiated by Vishwaguru Paramhans Swami Maheshwarananda as an integral part of the Voluntary Commitment titled "Awareness & Action: Peace Conferences, Tree plantings, Clean-ups & Vegetarianism" pledged at the United Nations Conference on Sustainable Development, in Rio, 2012.

To protect, restore and promote the sustainable use of terrestrial ecosystems and halt biodiversity loss (SDG 15 Target 5) a Seed Bank Initiative has been recently established. The project primarily focuses on the protection of native "heritage" seeds and medicinal herbs. Again, in line with the 15th sustainability goal a campaign titled "Save the Birds" was launched to draw public awareness on how unsustainable agricultural production patterns (i.e. the excessive use of pesticides) and equally unsustainable consumption models (e.g. natural habitat destruction for sports activities) endanger the lives of uncountable bird, bee and butterfly species.

The moral impetus for animal protection derives from the principle of non-violence. The Sri Swami Madhavananda World Peace Council and the Yoga In Daily Life International Fellowship run and fund the so called "Gaushala" sanctuaries that shelter and provide veterinarian care for abandoned cows, horses and goats in three districts of Rajasthan, India.

On 9th September this year, at the General Assembly's High Level Forum on the Culture of Peace Secretary-General, Mr. Ban Ki-moon appealed to all members of the global community by asking people to open their hearts and not to turn their eyes away from suffering. In the form of eight peace summits and innumerable peace forums, peace prayers and inter-religious initiations the SMWPC has promoted the culture of peace ever since its conception.

"World Peace is possible when all religious and political leaders practice tolerance, recognition and respect for all religions, cultures and nations. Our prime duty is to awaken the consciousness of forgiveness, brotherhood and oneness that we are all children of one God. There is one religion to which we all belong – Humanity", Vishwaguruji says.

2015 is the year of assessment at the United Nations. On the 70th anniversary of its formation the most comprehensive international organisation evaluates its achievements and outlines road maps for our common future. Vishwaguru Paramhans Swami Maheshwarananda was incarnated in the year of the UN's founding. He has been in service to His Satguru, HH Paramhans Swami Madhavananda, and the whole mankind, for 50 years. On behalf of all members of the World Peace Council, bearing the name of Holy Gururji, we would like to take this opportunity to remember Vishwaguruji's birthday and express him our infinite gratitude and affection and wish him a long life in perfect health.



Dr. Miro Cerar
Prime Minister of the Government of Slovenia



Stjepan Mesic
President of the Republic of Croatia 2000-2010

REPUBLIC OF SLOVENIA
PRIME MINISTER OF THE REPUBLIC OF SLOVENIA

Respected initiator of Sri Swami Madhavananda World Peace Council Vishwaguruji Maheshwarananda,

It is my sincere privilege to write this personal address for your respected international audience at the time when I am attending the United Nations Sustainable Development Summit 2015 here in New York. I have joined other world leaders for the adoption of the post-2015 development agenda and much expected and overall needed Sustainable Development Goals.

Since the topic of this year's United Nations General Assembly is "The United Nations at 70: the road ahead for peace, security and human rights" I see exceptional correlation with the topic of your respected conference, organized at the premises of the United Nations as well, just on the other side of the Globe. Core messages of non-violence, world peace as well as yoga as an instrument for reaching inner tranquility and leading to outer peace, are inevitably resonating worldwide.

I cannot help thinking that the year 2015 is somehow special. Marking and celebrating the United Nations 70th anniversary and presenting the Sustainable Development Goals made me think even more of our role as leaders of individual countries. I have thought a lot about Slovenia which already was a country of great respect and international recognition and in many sectors a true role-model. However, in recent years some of that particular fame was lost. In this respect I started looking for answers how to re-establish that reputation and how to bring decent life-style back to Slovenian citizens. Not just to a few who are able to afford it. Together with my team we have soon discovered that the answer on that particular question lies not far away from us.

Therefore, respected Vishwaguruji Maheshwarananda, please do allow me to take this opportunity to present your distinguished audience the decision of the Government of the Republic of Slovenia, to be a pilot country among pioneer countries to officially recognize the newly adopted Sustainable Development Goals as the basis for our country's long term development strategy. We are committed to carrying out the mapping of the Sustainable Development Goals and to build a structure that will continue to ensure good governance. Slovenia will strive to become the model country for sustainable development and through that will try to inspire millions of people to follow the path of sustainable development.

I firmly believe that in the times in which we are living and in the world surrounding us the decision we undertook was the only rightful and responsible one.

Respected international audience, I truly wish you a successful conference. The more of us acting responsibly the higher are the chances for our common positive goals to become reality!

Yours sincerely,

dr. Miro Cerar
Prime Minister of the Government of Slovenia



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 Mahamandaleswar 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

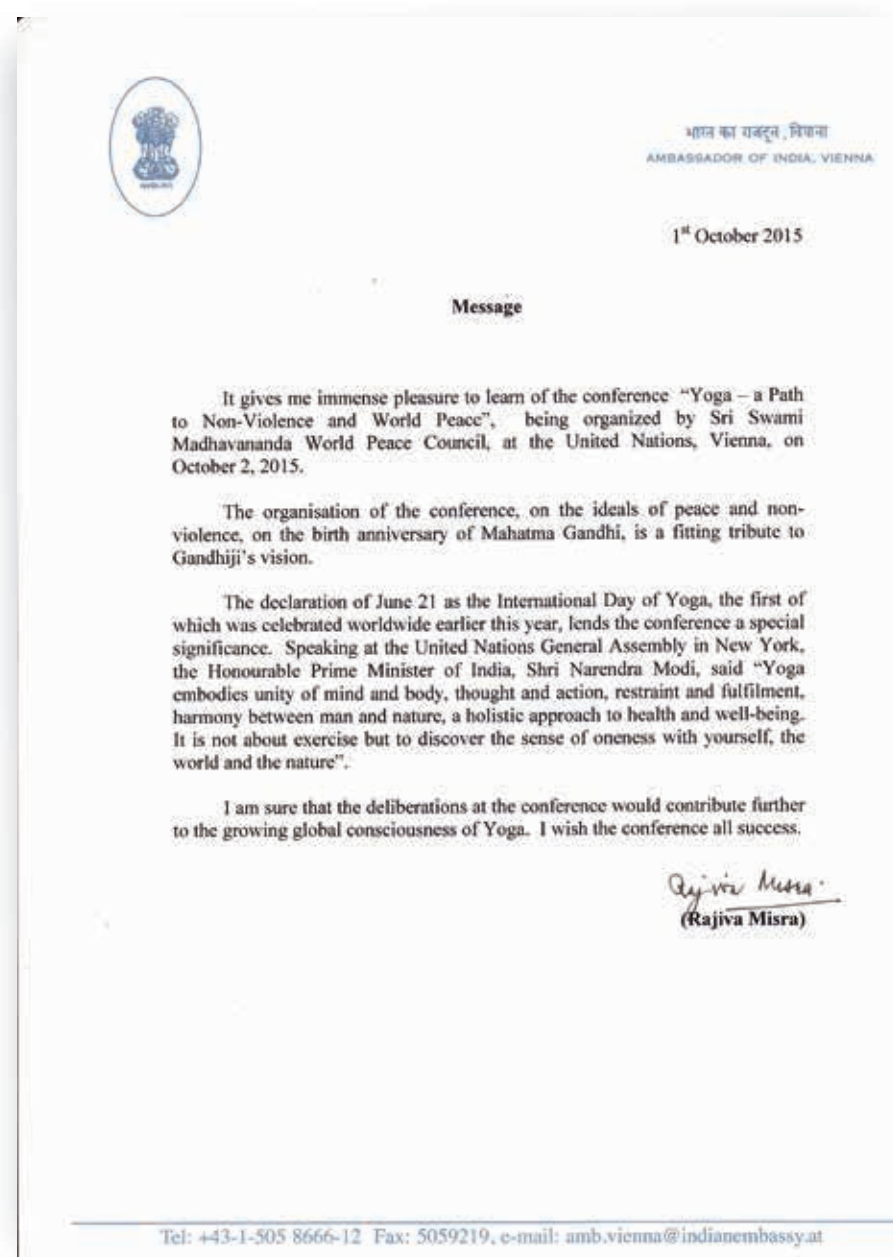
Zagreb 29.09.2015.



Rajiva Misra
Ambassador of India, Vienna



Ramu Damodaran
Chief UN Academic Impact



2015 is a remarkable year for the United Nations. It turns seventy, strengthened by the membership and commitment of 193 sovereign Member States, almost four times the number who brought it into being in 1945, and an overwhelming number of which joined in cosponsoring a resolution in the General Assembly to declare the International Day of Yoga on June 21 each year.

That the first International Day was observed in 2015 has its own symbolism. For the letters in the word "Yoga" can be said to stand for "Year of Global Action", and that is precisely what 2015 promises to be. With the adoption of universally affirmed, and universally realizable, goals for sustainable development, the United Nations, and the peoples who determined that it should come to be, have charted a course that looks immediately to the next fifteen years but possesses the promise to endure until the very edge of time.

Five "p"s are at the heart of these goals---people, planet, prosperity, partnership and peace. To these, we could venture to add a sixth---Prana. This source of universal energy, and the force of life itself, can animate the change that must begin with personal consciousness before its transformation into a truly global movement.

This can be a movement which not only builds, but heals. The first fifteen years of the twenty first century have not been propitious for faith or for belonging. Institutions, whether political or civil or financial, are doubted, or feared, or challenged though violence in thought as much as in action. How can trust be restored? As in so many other instances, we can turn to the wisdom of Paramhans Swami Maheshwaranandaji who asked, very simply, "Who should you trust?" and answered, equally simply, "yourself first of all."

That trust in oneself, in our truth and our capacity, is central to the union between thought and action that Yoga so vividly manifests and which will remain the key to the path our world has decided upon and upon which we have just embarked. Trust gives the power to change. As revered Gandhiji eloquently said, the difference between what we do, and what we are capable of doing, would suffice to solve most of the world's problems. And the time to erase that difference is now.

Ramu Damodaran



Dr. Klaus Renoldner
Chair of the NGO Committee on Peace, Vienna

NGO COMMITTEE ON PEACE, VIENNA

Forum of Representatives of international NGOs accredited at the United Nations Vienna

To Sri Swami Madhavananda World Peace Council
On the occasion of the celebration of the UN Day of Non-Violence
2015 at Vienna International Center:

Listening to TV or radio news often gives us the impression that wars, terror, violence and neglected human rights are prevailing on our planet. Nevertheless, we all know that love and solidarity are equally present in so many places and situations although not always reported as headlines. Many conflicts and riots in the world rise out of injustice. And there is enough evidence about the enormous injustice on our globe. There is also evidence that more equal societies are mostly better off, as Richard Wilkinson and Kate Picket found in their comprehensive analysis published under the title "The Spirit Level. Why More Equal Societies Almost Always Do better".

Confronted with severe troubles or maybe only with a threat to our interests – be it on personal, local or on global level - most of us will feel a penchant to cry for force and violent problem solutions. We call it defense of our rights and interests. Historic facts, however, as well as psychology teach us that violence is not only cruel. Violence creates fear and fear creates violence again ending up in an escalating circle of brute murder and devastation.

Mahatma Gandhi has taught us that in each of us there is also another force, the force of non-violent activity. We are able to train it in our hearts, every day. It can become very strong and it does not provoke fear. It may provoke shame, but finally it heals, it reunites and it creates peace and justice.

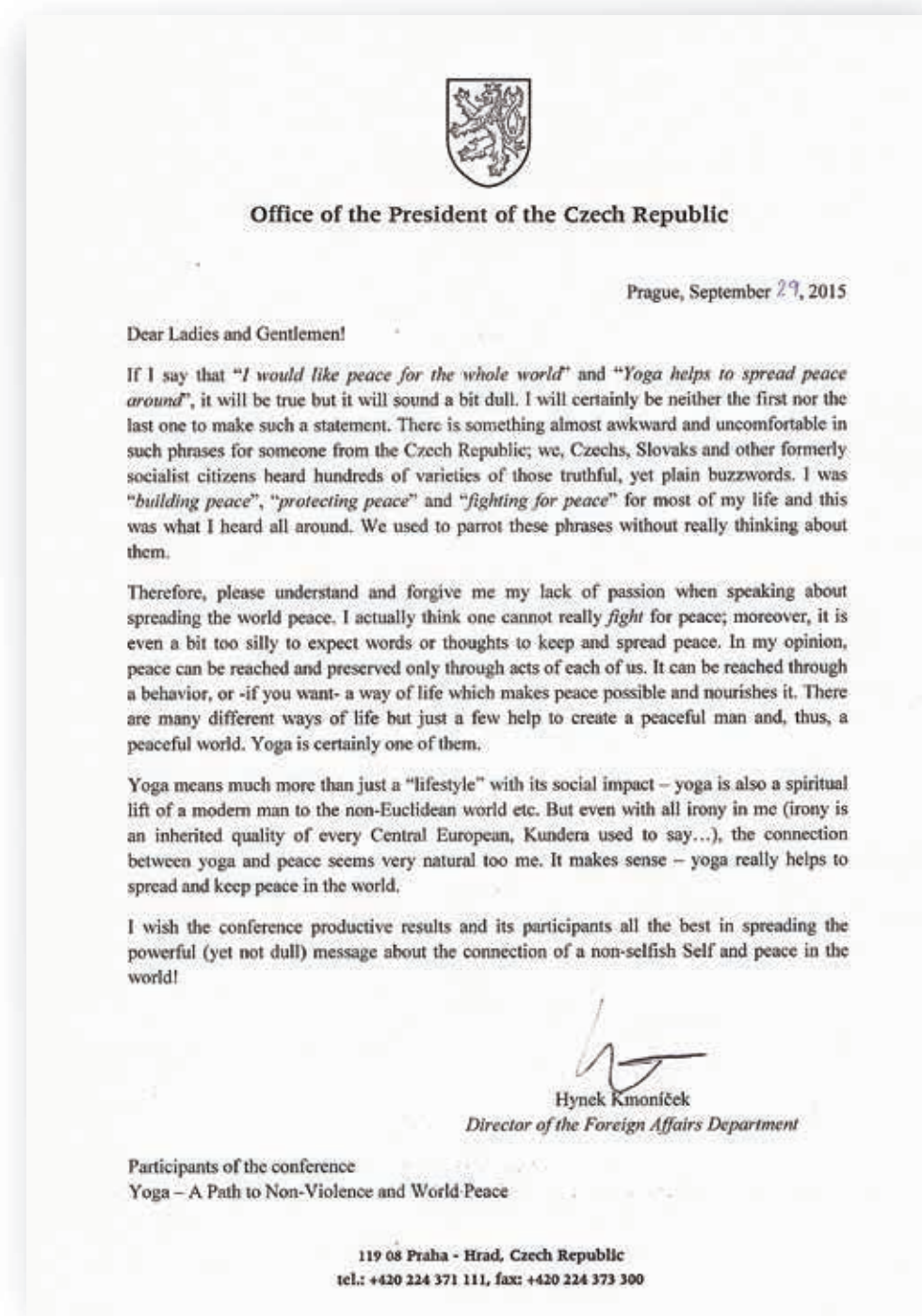
A culture of non-violence is not at all a culture of being passive, of just letting things happen. It is a culture of vigilance and activity, readiness to speak out, to interact, to protect, to mobilize, to defend without weapons. Everybody has to decide and to be aware about to what extent he is ready to undergo personal risks and disadvantages. A culture of peace is above and beyond mere struggling for disarmament although the latter is of utmost importance.

I congratulate Dr. Renate Lavicka and her team for having prepared this conference. May the spirit emanating from this event encourage and enforce all non-violent struggles for peace and justice.



Dr. Klaus Renoldner

Office of Czech President

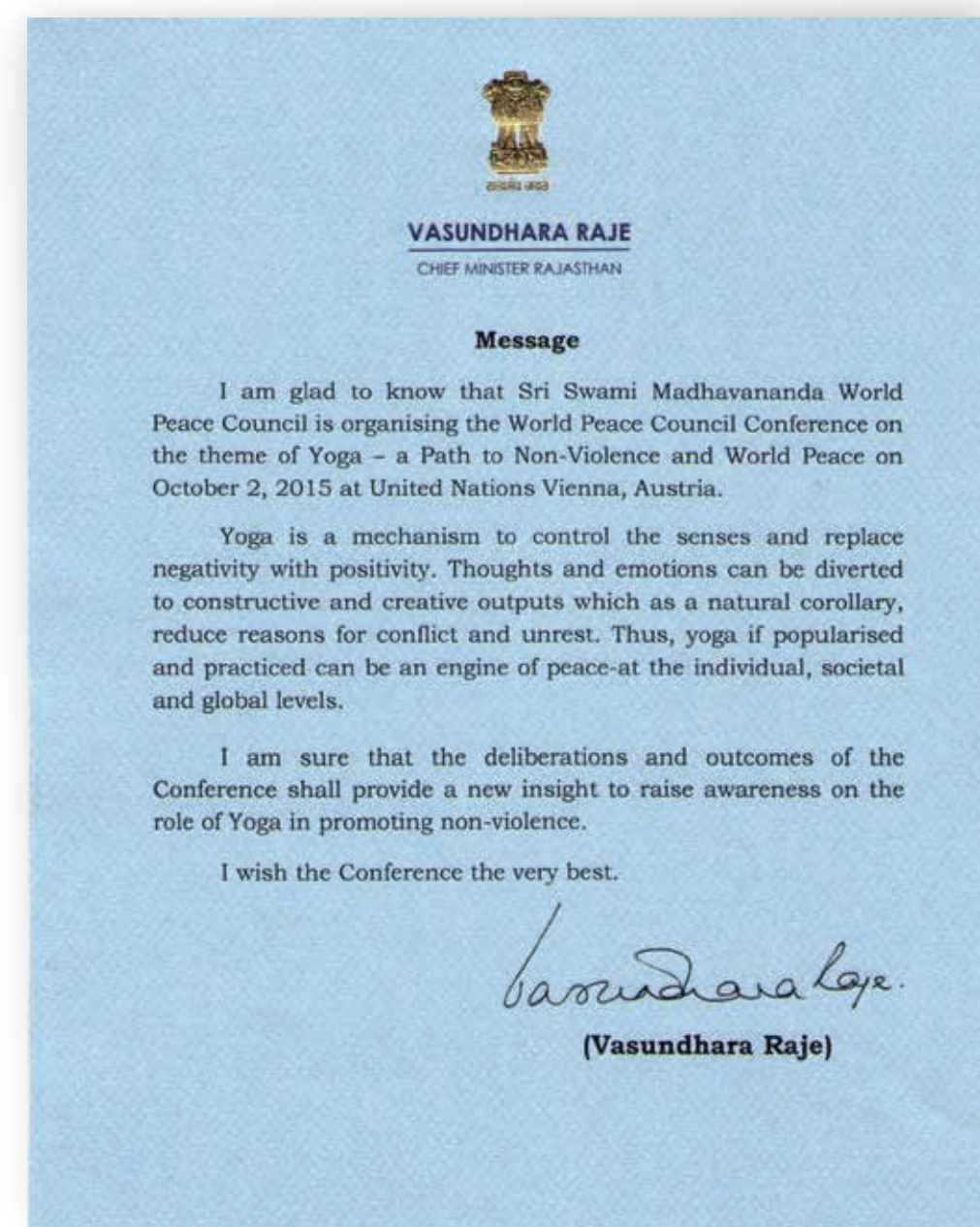
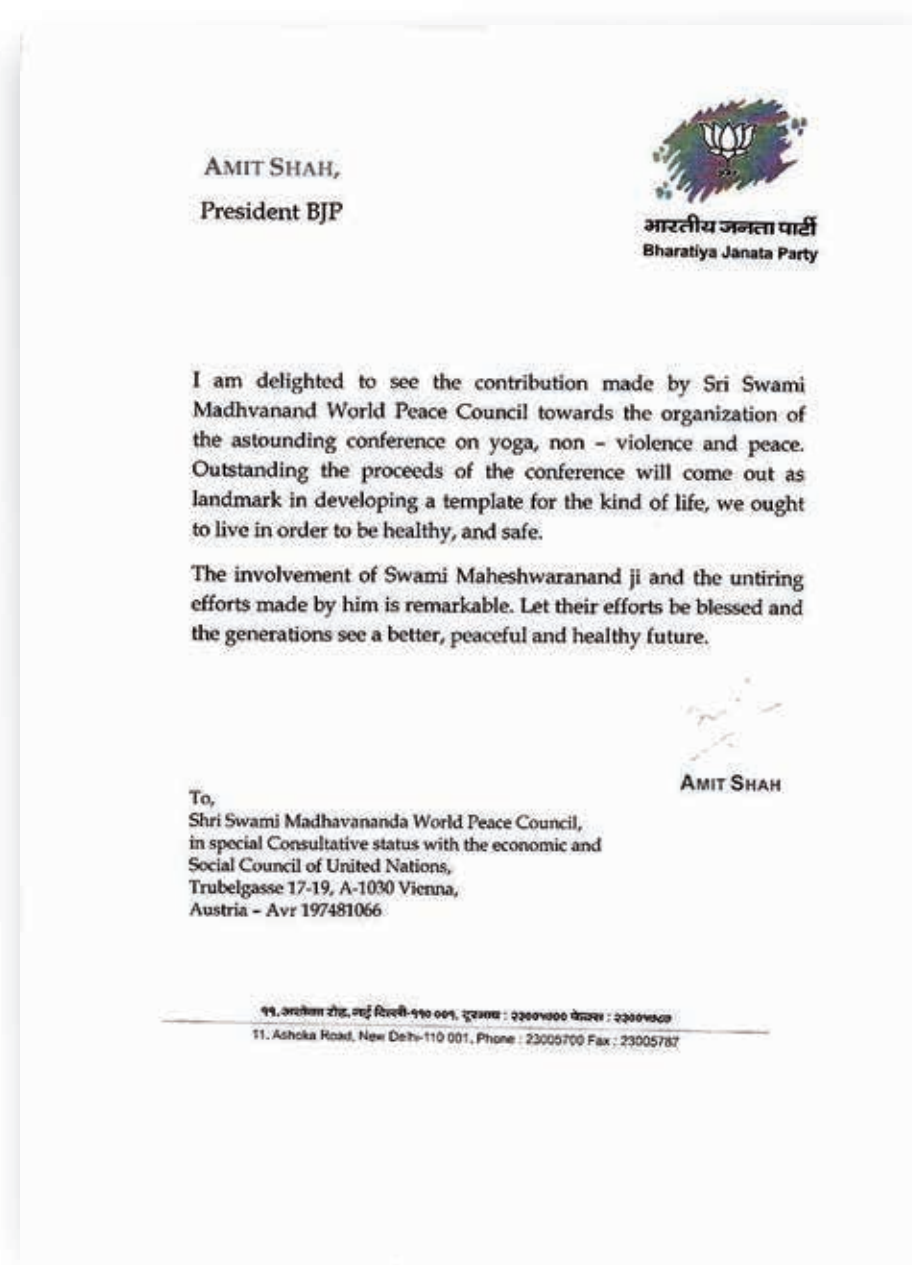




Amit Shah
President BJP



Vasundhara Raje
Chief Minister of Rajasthan

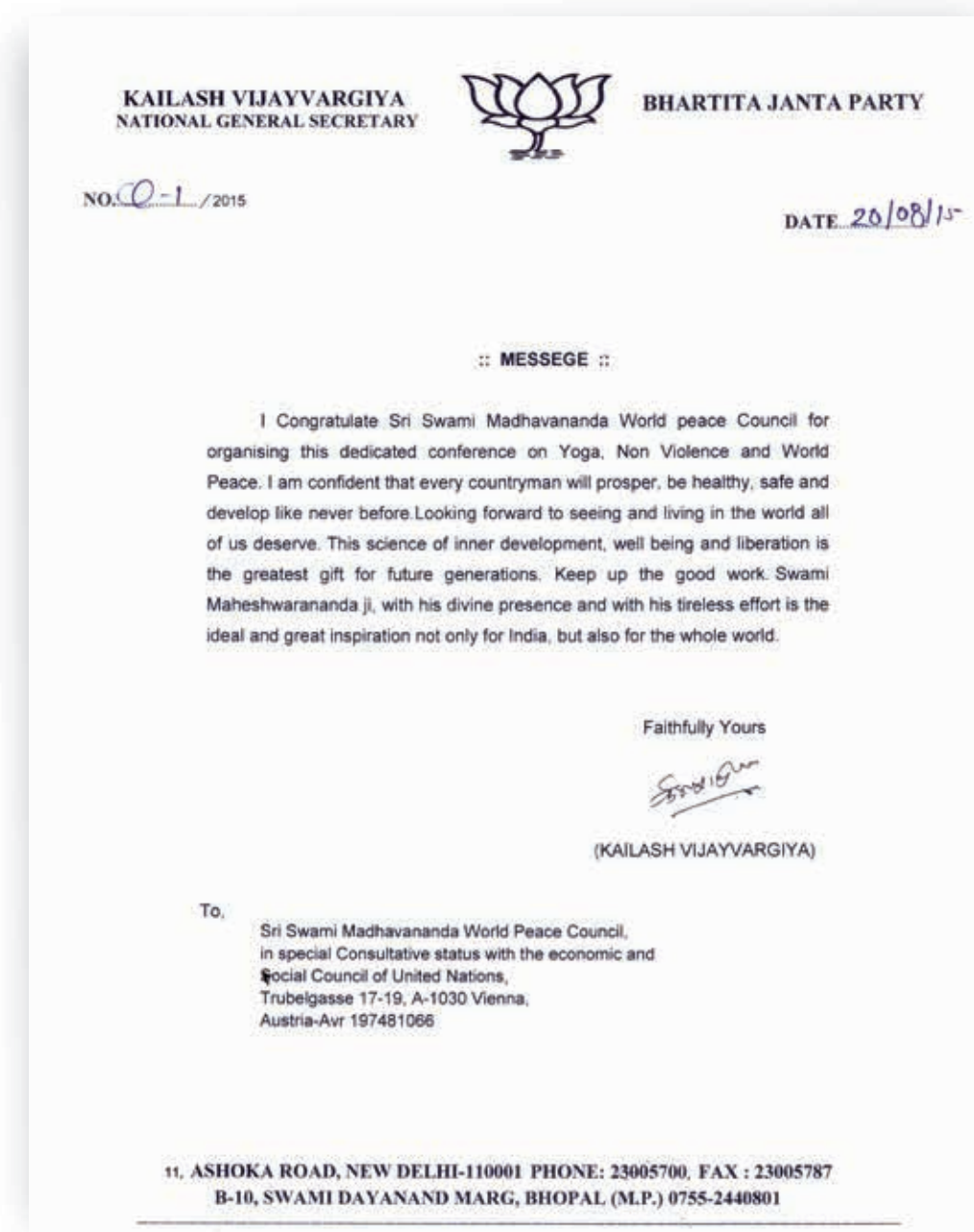
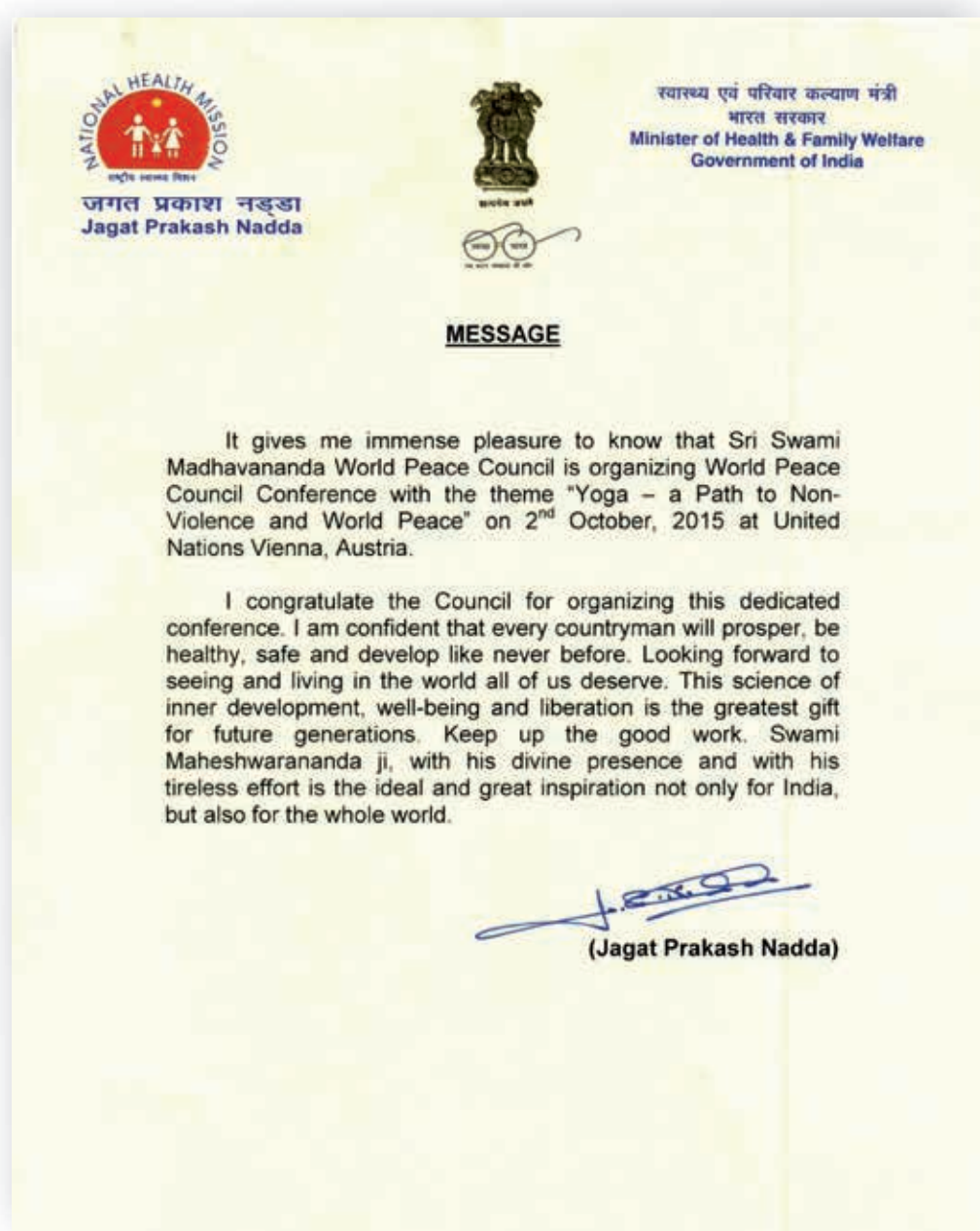




Jagat Prakash Nadda
Minister of Health and Family Affairs



Kailash Vijayvargya
National General Secretary BJP





Katalin Tóth
Ministry of Agriculture, Budapest



Sri Swami Madhavananda World Peace Council

I am pleased and honoured to receive your kind invitation to the World Peace Council Conference to be held on 2nd October 2015 in Vienna, sent to Minister of Agriculture of Hungary His Excellency Dr. Sándor Fazekas.

I believe that nowadays, our troubled world has the greatest necessity for the message of great spiritual leaders like Holiness Dharmasamrat Parambans Sri Swami Madhavanandaji. His message about peace, nonviolence and truthfulness are relevant to us more than ever.

I highly appreciate your efforts in organizing the World Peace Council Conference. It is my pleasure to inform you that on behalf of the Ministry of Agriculture of Hungary, I accept your kind invitation to this great event. I am happy to inform you that I am going to summarize my thoughts concerning the main issue of the Conference, from the aspect of the aspect of the Hungarian Ministry of Agriculture, and share it with you until 7th September 2015.

I am looking forward to our meeting in Vienna on 2nd October 2015.

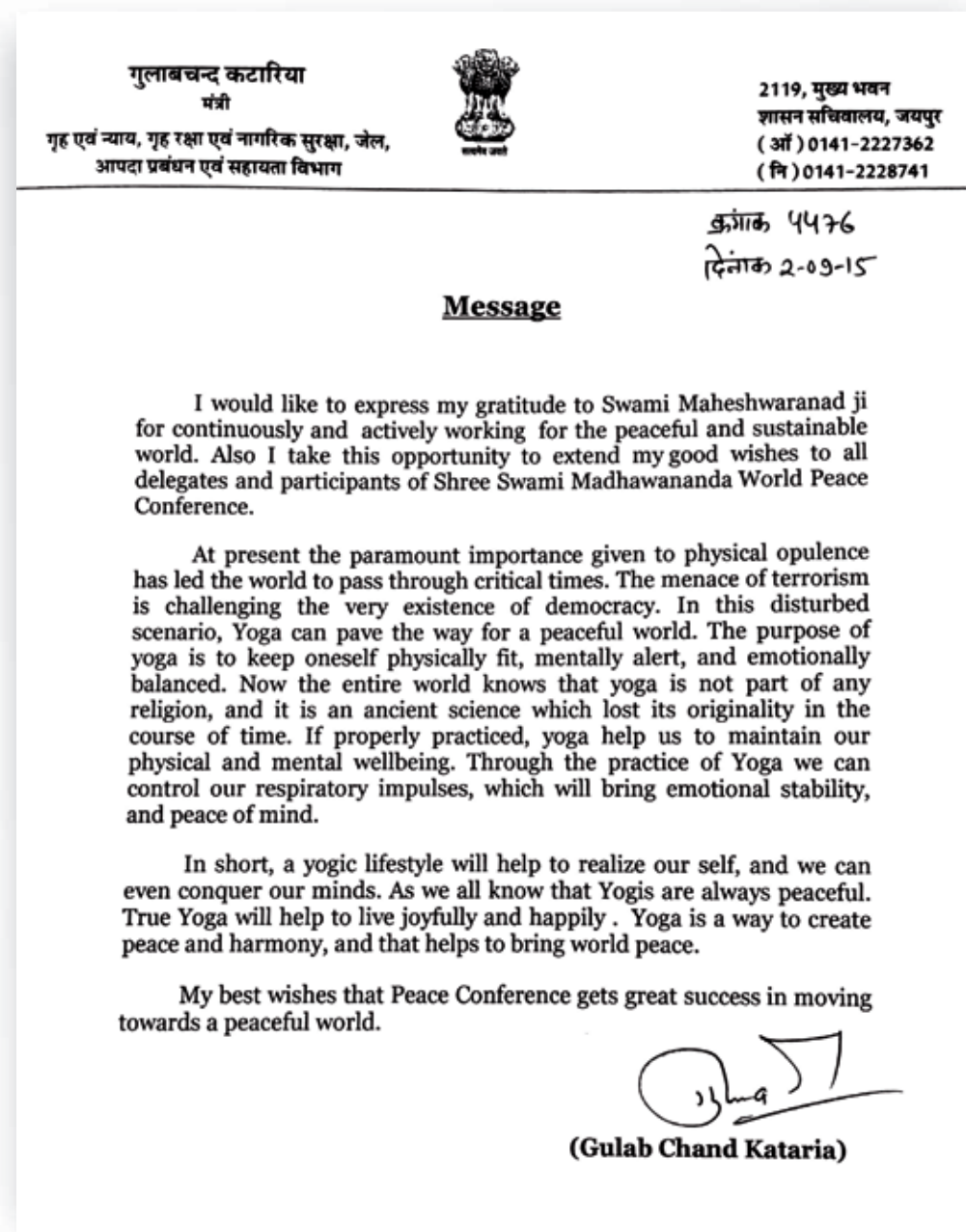
Yours sincerely,

Katalin Toth
Deputy State Secretary

Ministry of Agriculture
Office of the Deputy State Secretary for International Affairs



Gulab Chand Kataria
Home Minister of Rajasthan

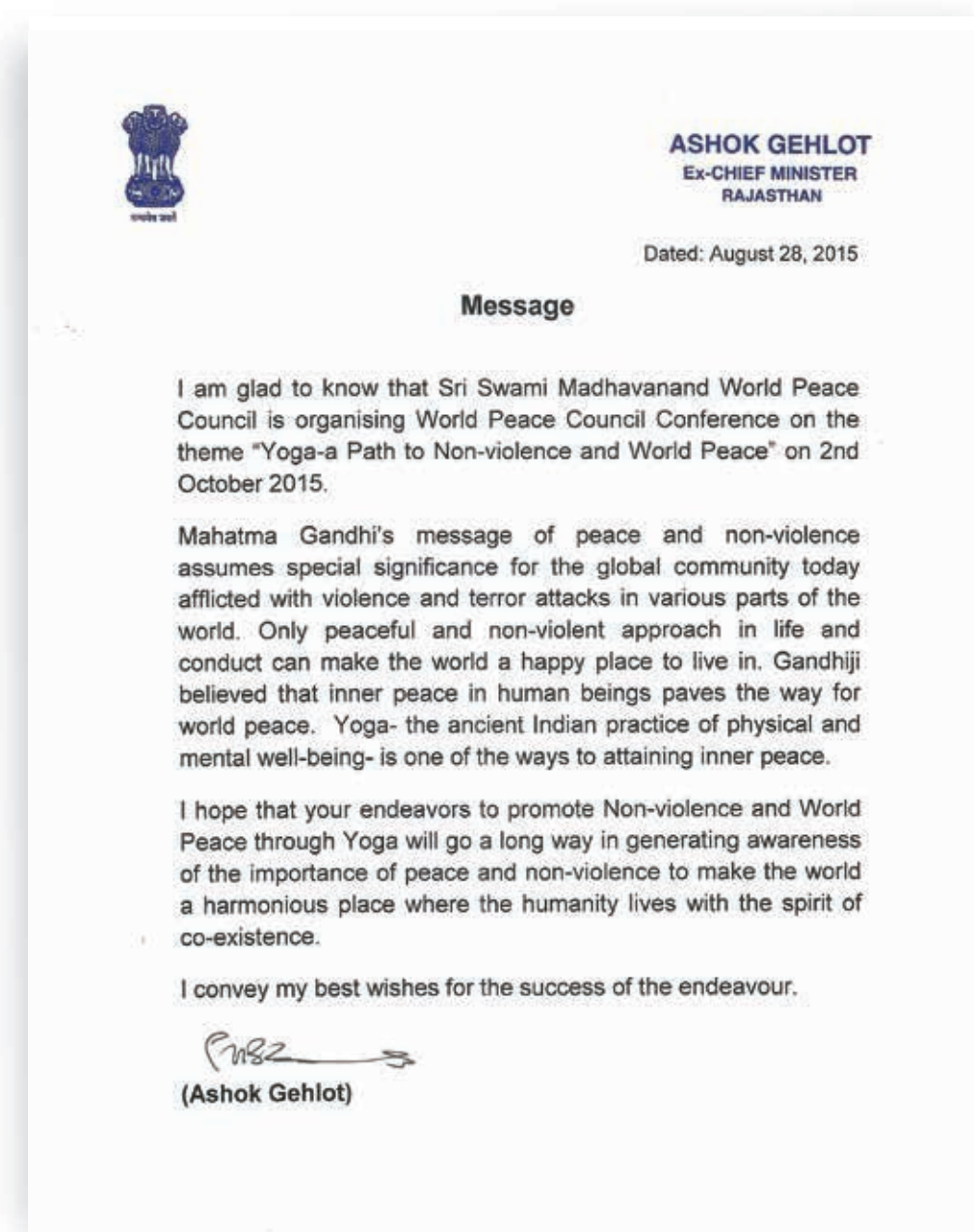
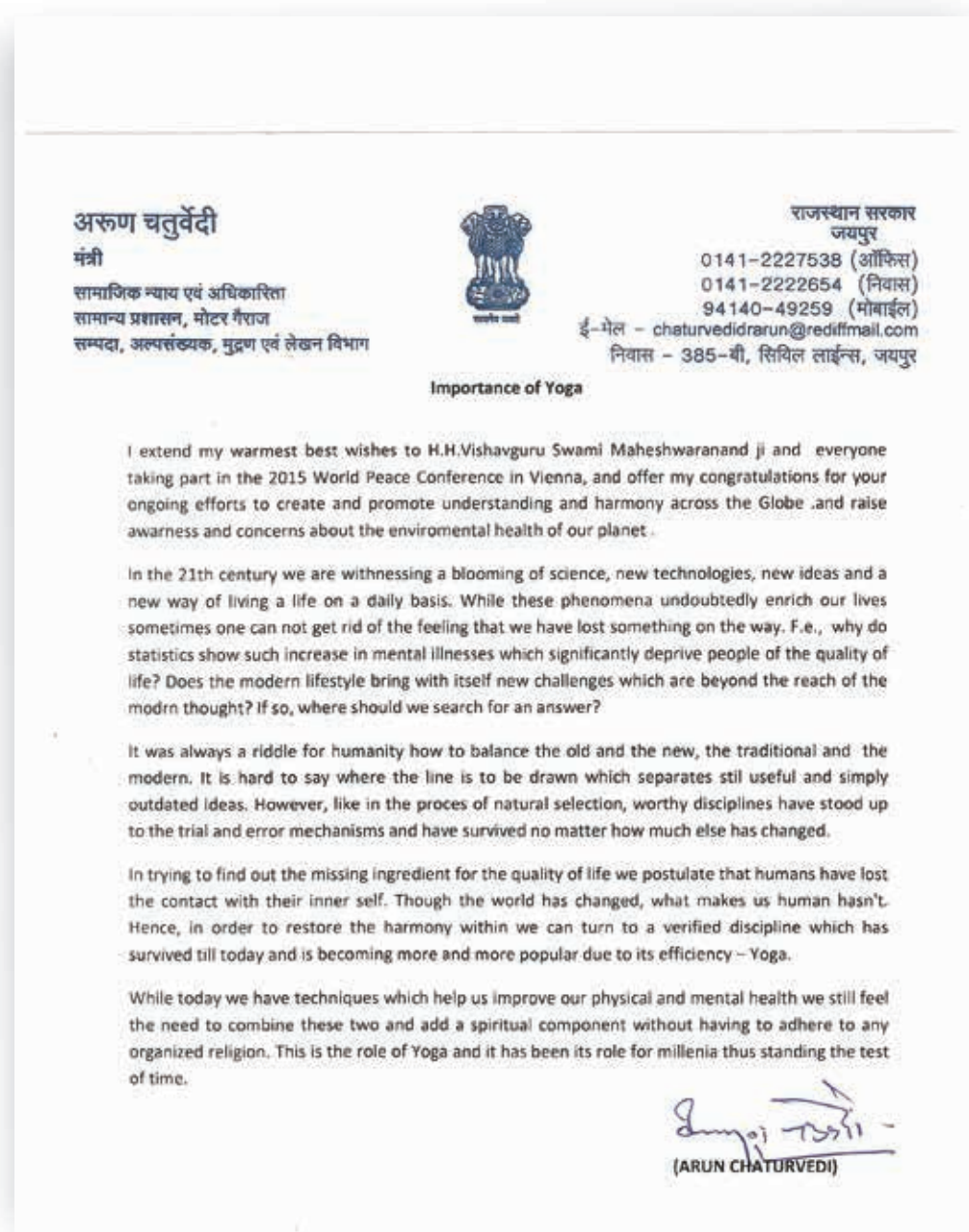




Arun Chaturvedi
Cabinet Minister of Rajasthan



Ashok Gehlot
former Chief Minister of Rajasthan



Pavel Pitel

Consul Czech Embassy Washington

Jan Zahradnik

Member of Parliament of the Czech Republic
Former Governor of the South Bohemian Region



Embassy of the Czech Republic
in Washington, DC

3900 Spring of Freedom Street, NW
Washington, DC 20008
phone: +1 202 274 9118, fax: +1 202 966 8540
www.mzv.cz/washington

Pavel Pitel
Consul

August 25, 2015

I have had the privilege to know H.H. Vishwaguru Mahamandaleswar Paramhans Sri Swami Maheshwarananda Puriji since 2003 and have had the opportunity to witness the tremendous positive change He has constantly been bringing into this world and into the life of anyone who was interested in.

For me, working in the field of international relations, I encounter on daily basis with problems of violence and hatred between people and nations as well and it seems as there is no end to it and that it will never stop, like a river constantly flooding everything within its reach.

H. H. Viswaguruji teaches us that the solution is in "fighting" those problems with "weapons" of wisdom, peace and love rather than with another piece of violence and repression. Yoga offers whole humanity wide range of means how to cultivate our lives and our inner river of energy and thus positively influence our surroundings and environment.

Yoga in daily life means to me a channel of bringing this very needed wisdom, love and spirituality into the daily life of each of us which is the only sustainable way of making this world a better place to live for all beings of this beautiful planet Earth.

I am personally and extremely thankful to H.H. Viswaguruji for guiding myself together with so many people from so many countries of this world on our long journey towards unity.



World Peace Council Conference
Yoga - A Path to Non-Violence and World Peace
United Nations Vienna, Austria
2nd October 2015



Honourable participants of the World Peace Council Conference 2nd October
United Nations Vienna,

I am truly delighted that such a conference takes place in the neighbourhood of the Czech Republic today, on the anniversary of Mahatma Gandhi's birthday, which has also been declared the International Day of Nonviolence by the United Nations.

The ideas of unity and mutual interconnection of the entire world as well as of all of us belong to the most important themes of our globalized planet. We shall give the utmost importance to these ideas while considering our decisions.

Mahatma Gandhi's noble ideas of truth, nonviolence and personal responsibility have accompanied humanity for the entire century in its struggle for freedom, independence and peaceful nonviolent world.

In the spirit of Sri Swami Madhavananda's motto "One in all and all in one" as well as Mahatma Gandhi's "Be the change you want to see", your conference pleases me while endorsing efforts for a peaceful, nonviolent and free world.

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



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



Dr. HR Nagendra
Director of Vivekananda University, Bangalore



H.S.H. PRINCE ALFRED OF LIECHTENSTEIN

Message to
World Peace Council Conference
United Nations Vienna, Austria, 2nd October 2015

PEACE

I'm watching a hole
Where the world sinks in
This worries my soul
Hence I start meditating

In looking deeper I see a hole
Of a different kind
Where the world floods my soul
Now I have to fix my mind

I'm healing the fears
That captured my soul
cause I sparked many tears
While my heart was like coal

Inside myself is a voice gentle and light
Telling me softly: It doesn't matter
Who's wrong or who's right
everything will be better
Just give up to fight

Look at the people how they stare
I wonder what their beliefs
They fight each other and never care
Who tells the truth and who deceives

I'm purging my heart
To make it loving and true
Not knowing from where to depart
And where it will lead me to

But it doesn't matter
I trust it's all right
My life will be better
When I give up the fight

We waste so much time
To build our wall
It's really a crime
How they made us fall

They took away from us the key
Destroyed our spirit so fast
But I don't wanna be anyone else than me
so I'm letting go the whole past

Now I'm watching my soul
And Keep my mind from wandering
And I'm guarding the hole
Where the world could creep in

And it really doesn't matter
Because now I can see the light
And I know our world will be better
The day we all stop to fight




S-VYASA Deemed University
Swami Vivekananda Yoga Anusandhana Samsthana
Deemed University u/S of 3 of the UGC Act, 1956

Respected Sri Swami MaheshwaranandaJi,

I would like to express my highest gratitude to be invited on such important conference as October Sri Swami Madhavananda World Peace Council Conference. Especially in a year when not only India but the whole World has celebrated the first International Day of Yoga so widely and when we also mark most respected 70 jubilee of the United Nations.

We see the International Day of Yoga proposed by India Prime Minister ModiJi supported by 177 counties 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 tota 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

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



Swapnil Kothari
Chairman Indira Group of Institutions



Bawa Jain
Secretary General of World Council of Religious Leaders

SWAPNIL KOTHARI
Founder, Chairman & Managing Director, Renaissance - Indira Group of Institutions, DNN Times, SR News Channel
Mob. +919302105085, 0731-6684160, 4262125, Email - swapnil@indoreindira.com

Respected Swamiji, Board Members of the World Peace Council, Distinguished guests, Conference Participants,

"Let us always remember that it is through connecting people across borders and cultures that we build the relationships that foster Peace through Understanding."

Swamiji's altruism and eleemosynary serves to highlight the accomplishments of over the past 50 years and to illustrate the myriad ways that you can foster international understanding and friendship within your community and beyond. His works have spoken above words, touched millions, changed lives and brought peace in their lives. It is an honor to be connected to him and the World Peace Council with such a big cause of building bridges to peace. There comes a time in one's life when fate points out to you the value of what was taught to you when you were young. Swamiji has been that experience for me. My life changes with each journey as I realize that what I bring home is far greater than what I could ever.

Please accept my sincere appreciation for his philanthropic effort!

Swapnil Kothari
Swapnil Kothari
Founder, Chairman & Managing Director,
Renaissance Indira Group of Institutions.

45, Anurag Nagar, Behind Press Complex, A.B. Road, Indore (M.P.) 452008
Ph. : 0731 - 4260100/101, Fax : 0731-4262198/99, www.rcmindore.com, www.indoreindira.com
Renaissance College of Commerce & Management, Indore Indira Business School, Indore Indira Institute of Business Management,
Indore Indira School of Career Studies, Renaissance Law College, Renaissance Institute of Professional Studies

 **WORLD COUNCIL OF RELIGIOUS LEADERS**
of **THE MILLENNIUM WORLD PEACE SUMMIT**

His Holiness Mahamandeshwar Maheshwarananda ji Maharaj
Founder
Sri Swami Madhavananda World Peace Council

August 28, 2015

Your Holiness,
OM Namo Narayan!

It gives me great pleasure to learn about your upcoming conference, "Yoga - A Path to Non-Violence and World Peace". Please accept our Heartiest Felicitations and all good wishes for its success.

It is very heartening that with the historic initiative of Indian Prime Minister Modi ji, the United Nations adopted the International Day of Yoga in November 2014. This ancient tradition of building healthy Mind, Body and Spirit is the foundation to ensure a healthy and peaceful World.

I commend your untiring efforts to promote Yoga through your initiative, "Yoga in Daily Life", for the past almost 50 years. You have indeed been a pioneer as you ventured out to spread this practice across the world and have helped spread this profound ancient way to ensure a healthy and sound life.

Indeed your devotion to your Guru is testament to your commitment to spread his legacy and integrate the life of Mahatma Gandhi, the Father of India as you honor him by convening this conference on his birth anniversary.

I look forward to joining you and all your devotees to spread this message.

Pranam and all good wishes,
Bawa Jain
Bawa Jain
Secretary General

COMMITTED TO BUILDING AN INTEGRATED FRAMEWORK FOR PEACE

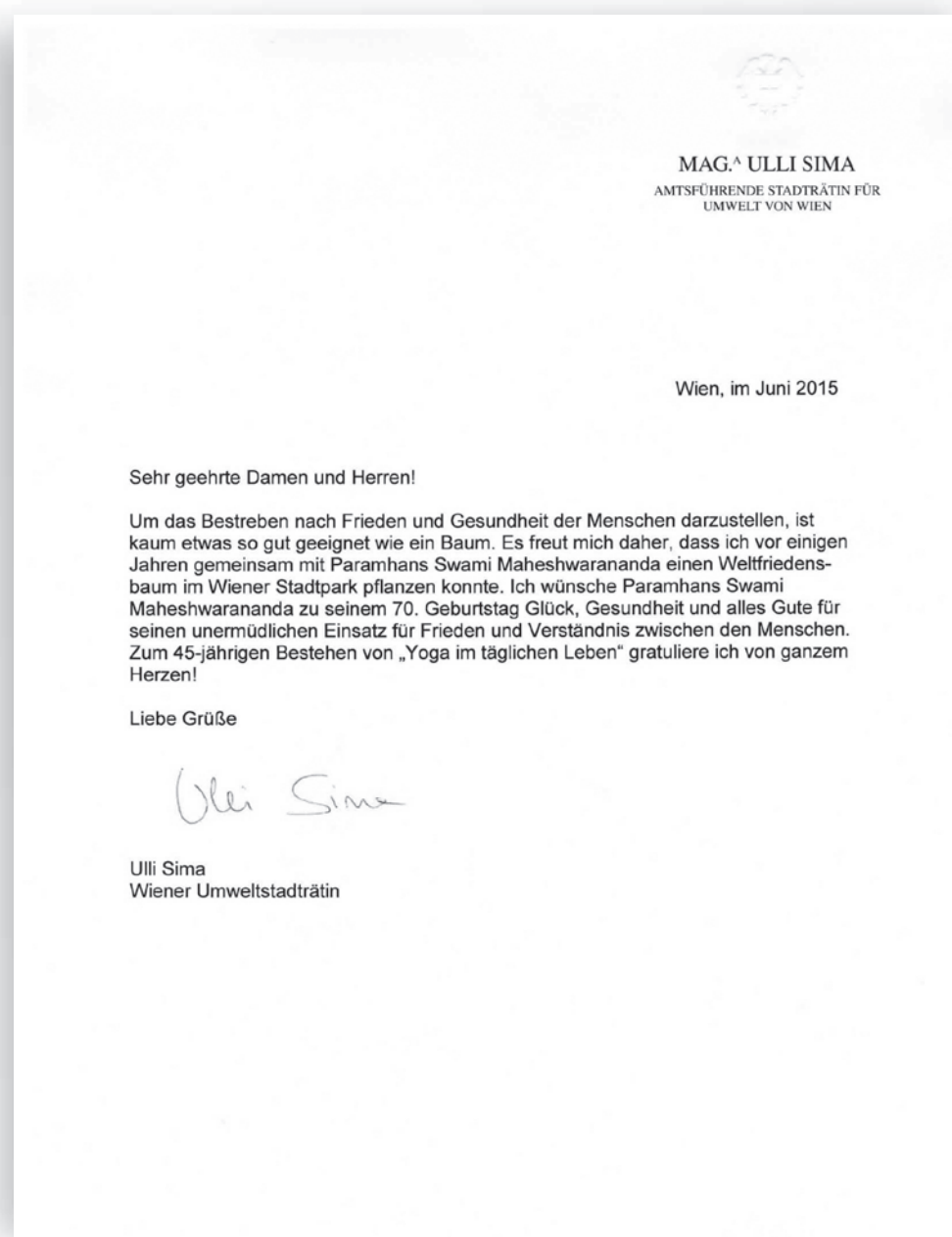
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Mag. Ulli Sima
Councillor for the Environment & Animal Welfare Vienna



Dr. Erwin Pröll
Federal State Gouverneur of Lower Austria

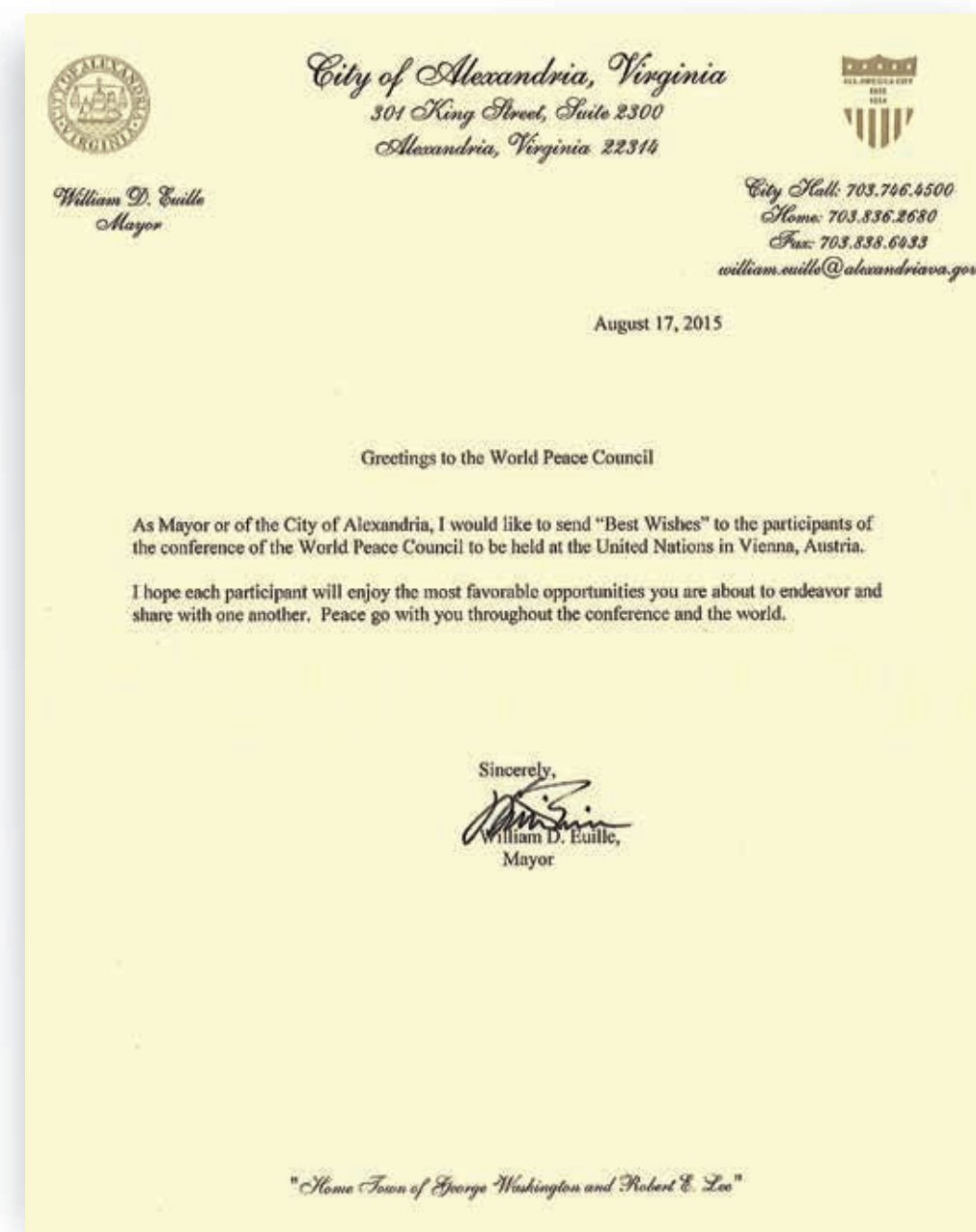




Mag. Matthias Stadler
Mayor of St. Pölten



William D. Euille
Mayor Alexandria

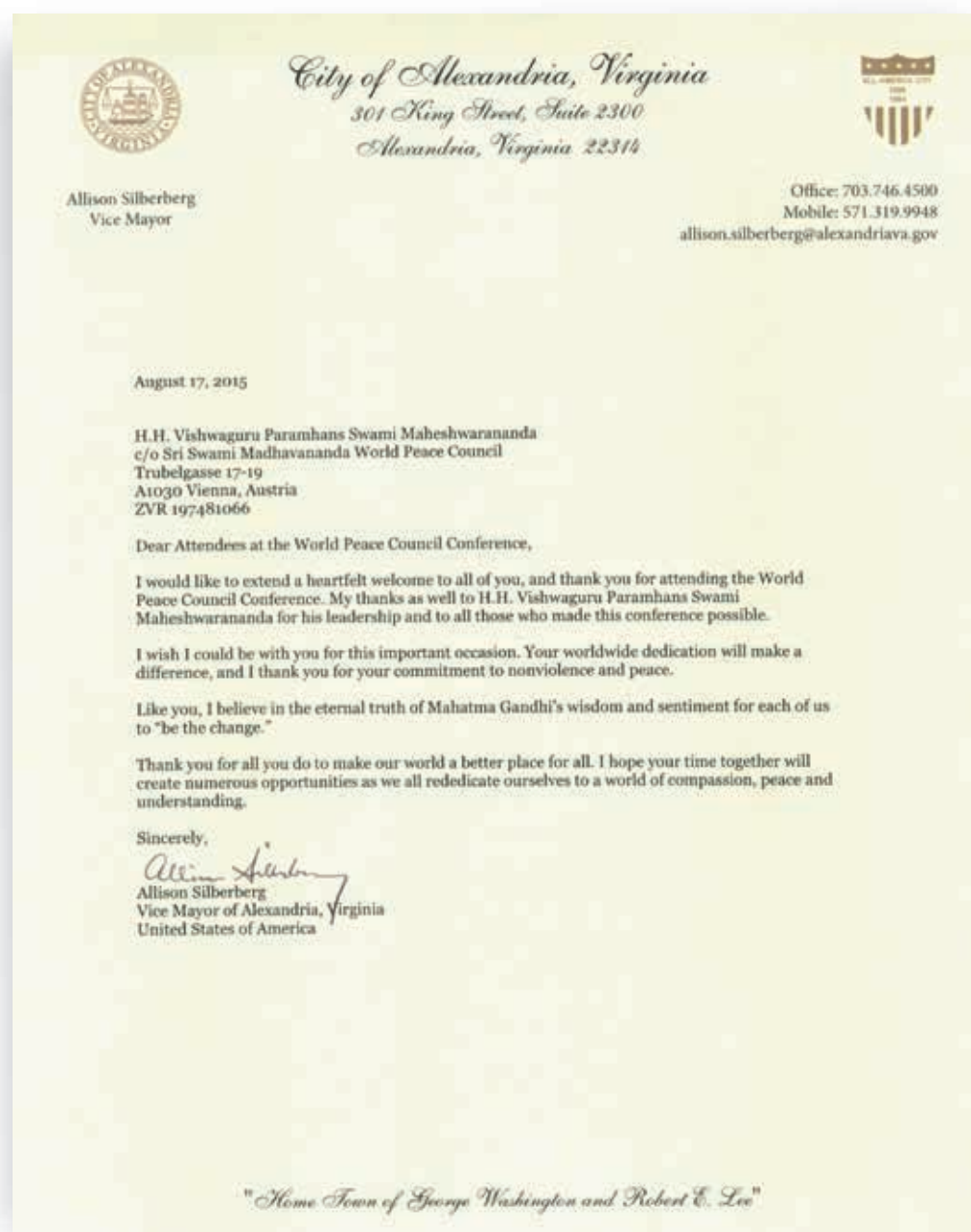




Allison Silberberg
Vice-Mayor Alexandria



Arun Gandhi
Grandson of Mahatma Gandhi



Paramhans Swami Maheshwarananda

I cherish fondly the memory of being with you at the World Peace Summit in Hungary in 2009.

So much has happened since then in our personal lives as well as in the life of the world. Peace sometimes seems far from our grasp and yet, at the same time, we cannot afford to lose hope. It is important that we continue to influence people so that eventually they become the change we all wish to see in the world.

This is an important year for you. Forty-five years of service to the people of the world in 70 years of life is something to be proud of. On this occasion I want to wish you well and hope that the Divine Spirit that guides us will bestow more power and strength so that you can continue the good work of peace in the world.

Gandhiji believed that Peace-makers must see themselves as Peace Farmers and continue to plant seeds wherever they find fertile ground in the hope that most of the seeds planted will be nurtured and result in a good crop. As you know he was always humble and continued to quietly work in spite of hurdles that he had to overcome. There is a lesson in this for all of us: we must be humble and serve humanity as best we can.

I wish you a long and fruitful life.

Arun Gandhi
160 Wintergreen Way,
Rochester, NY 14618
peaceableearth@gmail.com



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:



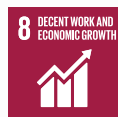
Jadan School (Sri Vishwa Deep Gurukul Prathmik Vidyalaya)

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



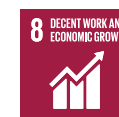
OM Ashram

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

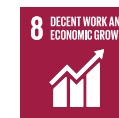
The OM Ashram is built according to the ancient architecture and science of Vastu Shastra and all the thousands columns of the main temple are made in craftsmanship. Skilled stone masons are carving traditional depictions and illustrations of the Vedic history into the stone pillars. Ancient technologies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

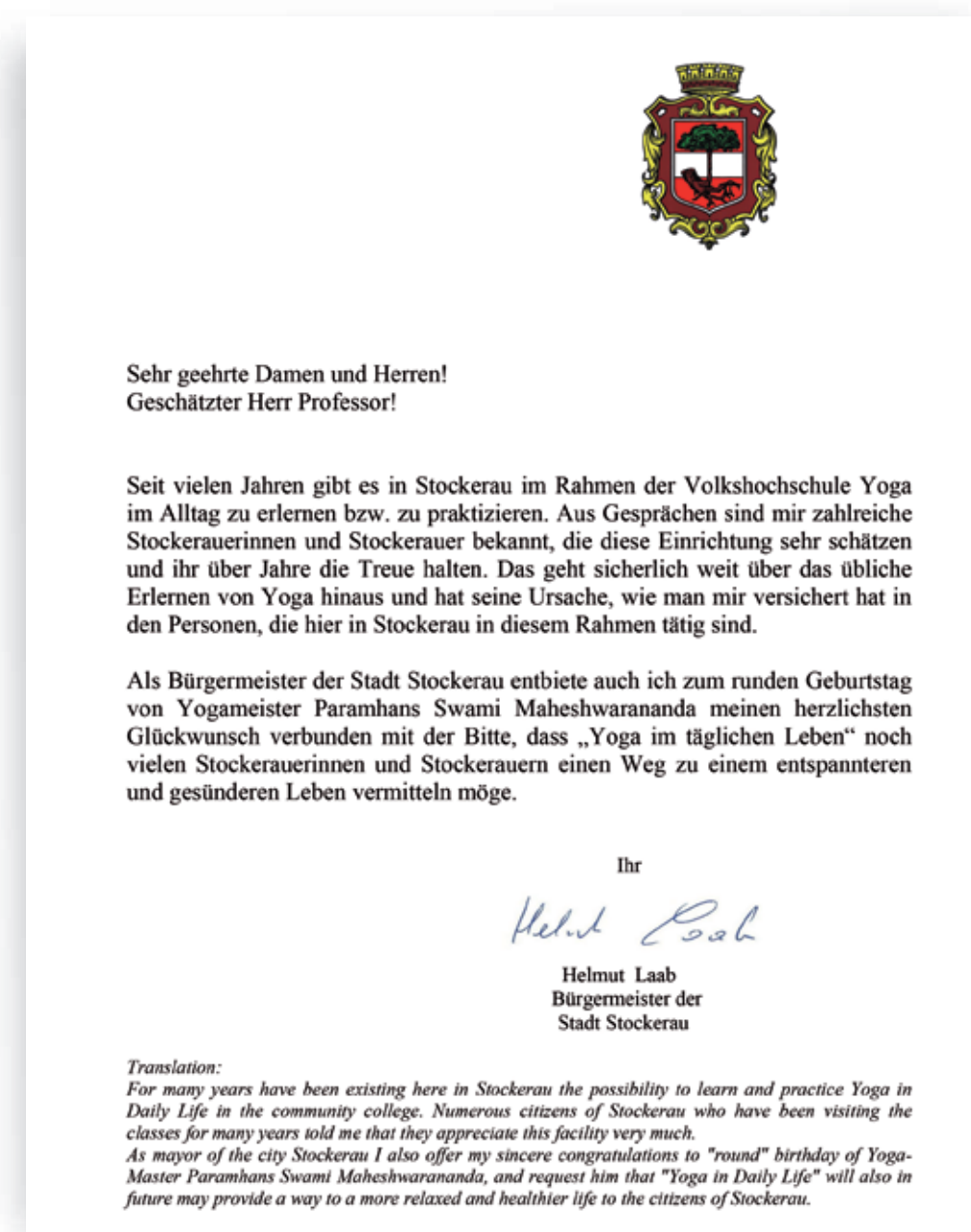
protection of wild life and their natural environment, preserving of regional crops, vegetables, fruits and seeds.



Dr. Reinhard Resch
Mayor of Krems



Helmut Laab
Mayor of Stockerau

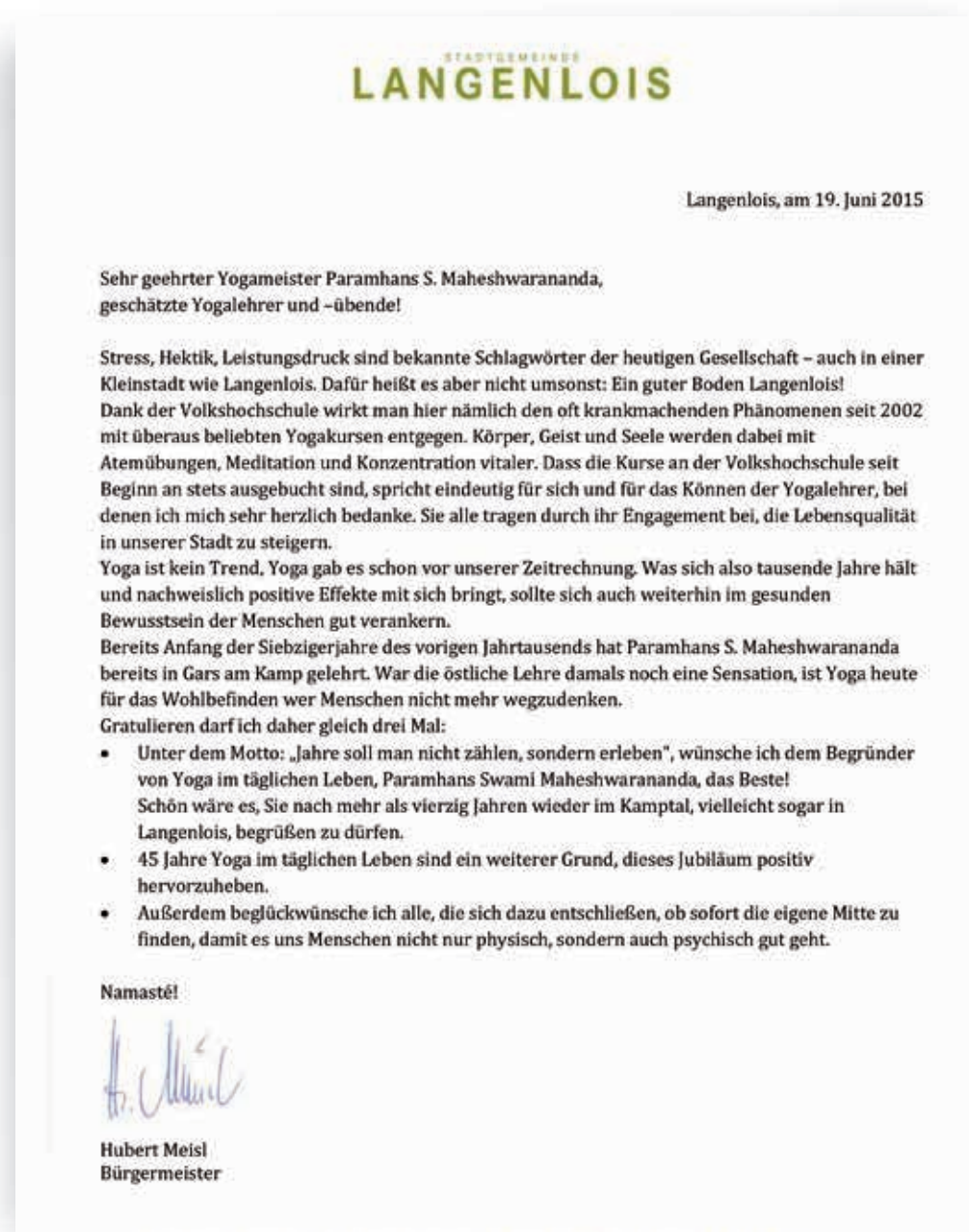




Hubert Meisl
Mayor of Langenlois



Verena Dunst
Landesrätin Burgenland





Adolf Tiller

District Gouverneur, Vienna 19th District



Erich Hohenberger

District Gouverneur, Vienna 3rd District

DER BEZIRKSVORSTEHER DES
19. BEZIRKES DER STADT WIEN



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E-Mail: post@bv19.wien.gv.at
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Sehr geehrte Damen und Herren!

Anlässlich der Jubiläen, nämlich dem 45 jährigen Bestehen von „Yoga im täglichen Leben“ wie auch dem 70. Geburtstag von Paramhans Swami Maheshwarananda, möchte ich es nicht versäumen, meine besten Glückwünsche zu übermitteln.

Die Jahrtausende alten Lehren des Yoga zeigen einen Weg, der zu innerem Frieden und perfekter Balance von Körper und Geist führt. Einen Weg zeigt die Gesellschaft „Yoga im täglichen Leben“.

„Meine Aufgabe ist es, den Menschen zu helfen, sich gegenseitig zu verstehen, andere zu verstehen, alle Lebewesen zu lieben und zu schützen und letztendlich Gott zu realisieren“ ist eine der vielen Lebensweisheiten des Gründers von „dieser Gesellschaft und diese Lebensweise versucht er seit Jahrzehnten, den Menschen näher zu bringen.“

Um auch ein sichtbares Zeichen für Verständnis und Frieden in der Welt zu setzen – wofür sich der Begründer des Yogasystems besonders einsetzt -, wurde am Weltfriedenstag 2007 im Hugo-Wolf-Park ein Friedensbaum gepflanzt. Dieser Park mit dem Friedensbaum ist auch der ideale Standort, um die Yoga-Übungen durchzuführen und sich der Lehre und Aussagen von Yoga zu verinnerlichen.

In diesem Sinne übermittle ich auf diesem Wege den Damen und Herren der Gesellschaft „Yoga im täglichen Leben“ sowie dem Geburtstagsjubililar zum 70iger meine herzlichsten Glückwünsche und hoffe, dass Sie alle die innere Ruhe und Ausgeglichenheit finden, die wir in der heutigen unruhigen und stressigen Zeit so sehr benötigen.

mit vorzüglicher Hochachtung

Adolf Tiller

DER BEZIRKSVORSTEHER DES
3. BEZIRKES DER STADT
WIEN

Karl Borromäus Platz 3
1030 Wien



Der Weltfriedensbaum im Schweizergarten, den wir gemeinsam vor zehn Jahren im Schweizergarten gepflanzt haben, soll als Botschaft für ein friedliches Zusammenleben in unserer Stadt dienen. Ich danke Herrn Paramhans Swami Maheshwarananda für seine langjährige Arbeit, die er für „Yoga im täglichen Leben“ geleistet hat. Damit hat er unzähligen Menschen geholfen, sie von Schmerzen befreit und vielen wieder zu einem fröhlicheren Leben verholfen. Der Weltfriedensbaum ist für uns Landstraßer und alle Wiener auch ein ganz besonderes Symbol für die kulturelle Vielfalt im Bezirk.

Ihr Bezirksvorsteher Erich Hohenberger

The World Peace Tree in Schweizergarten that we planted together ten years ago to serve as a message for a peaceful coexistence in our city. I thank Paramhans Swami Maheshwarananda for his many decades of work that he has done for "Yoga in Daily Life". He has helped countless people, freeing them from pain and many helped back to a happier life. The World Peace Tree is for our district and for all Viennese people a very special symbol of cultural unity in diversity.

Your District Gouverneur Erich Hohenberger

Prof. Dr. Péter Földesi & Dr. Bálint Filep
Rector & Chancellor Széchenyi University Győr

Prof. Dr. Dragan Marušić
Rector Primorska University Koper



Respected Paramhans Swami Maheshwarananda, Dear Vishwaguruji,
Board Members of the Sri Swami Madhavananda World Peace Council,
Conference Participants,

On behalf of Széchenyi István University, Győr, Hungary we feel humbled and privileged to be invited to the conference titled "Yoga - A Path to Non-Violence and World Peace" organized at the United Nations Vienna, on 2nd October 2015. We are both very well aware of the humanitarian and philanthropic activities Vishwaguruji and the organisations under his supervision have been demonstrated in the past fifty years. This is to congratulate and wish you good health and success for the decades ahead.

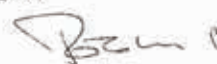
Széchenyi István University, an outstanding institution of the Hungarian higher education, bears the name of Count István Széchenyi, the greatest statesman and most generous nobleman of Hungarian history. Count Széchenyi is also known as the "Great Reformer", who travelled extensively in Europe and was primarily fascinated by the rapid modernisation of Britain in the early 1800s. He quickly realized the growing gap between the modern world and his native country and committed his life to the industrial development and economic reformation of Hungary. Count Széchenyi has gained his reputation for his charitable activities, he donated the full annual income of his properties for the establishment of the Hungarian Academy of Sciences, he initiated the regulation of the Danube, the construction of the Hungarian railway, Budapest's Chain Bridge, etc.

We, the leaders of Széchenyi István University, wish to live up to the standards of our eponymous forefather. The five Faculties (AUDI Automotive Engineering; Architecture, Civil Engineering and Transport Sciences; Economics; Law and Political Sciences; Mechanical Engineering, Informatics and Electrical Engineering), the two Institutes (Health & Social Studies and Musical Art) and the three Doctoral Schools of our University have adapted themselves to the changing circumstances and conditions of Hungarian higher education. Through R&D collaborations backed up by streamlined technologies we enjoy the closest cooperation with the industry that not only ensures the soft landing of our students on the labour market but our "best practices" are also frequently referred to on national and EU levels.

Széchenyi István University has been a founding member of the United Nation's Academic Impact (UNAI) Initiative. Annual programmes are organised under the framework of the programme. We further observe the ten basic principles formulated by UNAI, the seventh of which "a commitment to advancing peace and conflict resolution through education" resonates with the aim of the conference organised at UN Vienna on the occasion of the International Day of Non-Violence. To acknowledge the peace endeavours of Vishwaguruji we invited him to Széchenyi István University last year where we jointly erected a World Peace Tree, outside the University Library.

Again, please accept our profound appreciation!

With best regards,



Prof. Dr. Péter Földesi
Rector



Dr. Bálint Filep
Chancellor

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»THE CHOICE FOR WORLD HARMONY LIES WITHIN US«

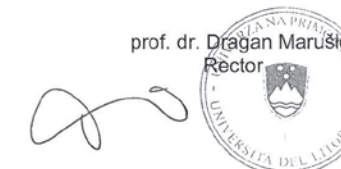
Can humanity break the vicious cycle of wars and other self-inflicted disasters? Or is it simply that all of these, as sad as it may sound, are inevitable consequences of our genetic makeup. As a mathematician, I can only offer mathematical reasoning that break the cycle. We can and we should change.

Just like Set Theory -- the central mathematical field, that for approximately one hundred years, has paved the way for major discoveries in both natural and social sciences that have fundamentally altered our civilization -- has its own Axiom of Choice, humanity too has a choice. This quintessential, albeit controversial, axiom is worth a moment of our attention.

In non mathematical terms, the axiom goes as follows. There are an arbitrary number of boxes, each with something inside. If you put your hand in any of them, you will always find something inside -- even if there is an infinite number of boxes. Or to put it differently, suppose we submerge ourselves in the infinite space of all our potential thoughts and ideas, hopes and desires. According to the Axiom of Choice, in each moment of time we can choose any sequence of these very thoughts and ideas, hopes and desires. Doing so assures us the possibility of choosing the script of the film of our own life. This audacious postulate gives us the power to be the designers and witnesses of our own future in any moment of time. But, the power of choice requires that we take responsibility for our actions..

And it is with constant awareness of this responsibility that we should act. If our thoughts and ideas, hopes and desires are for peace, then the world around us will gradually start changing. And it will continue to change until lasting peace is obtained. Perhaps another mathematical analogy is appropriate and in order. Just as in the extended complex plane the reciprocal transformation pairs off points inside the unit circle with points outside this same circle -- with the center of the unit circle being paired off with the extended infinity point -- the space of all our potential thoughts, ideas, hopes and desires is reflected through our very actions in the world around us. Focusing on the extended infinity point projection and reaching for the center inside us the possibilities will indeed become infinite.

prof. dr. Dragan Marušić
Rector



Prof. Dr. Jaroslav Vacek
Charles University Prague

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

Ladies and Gentlemen,

No doubt, one of the most important conditions for the survival of our civilization is peace. In the last few centuries this world has become too small and in spite of many sincere and serious efforts, the globe has been repeatedly shattered by many 'roars' of war.

Mahatma Gandhi was one of those strong personalities who did not hesitate to combine a deep spiritual insight with an active participation in 'public life' and with a personal engagement in various activities for the sake of the public good and mutual understanding. In fact it is mutual understanding not only of individual people but of the large, culturally different communities populating this world which is the essential requirement for achieving global benefits, including peace.

In everyday general communication we use one of the more or less widely known 'world' languages and seem to be able to achieve some level of practical understanding and agreement. But it is essential that we start to know each other more intimately in order to be able to understand each other's 'world' more deeply. Our thought and general attitudes are conditioned by our various local traditions using different languages. We have to understand properly many of their subtleties in order to be able to respect these traditions and consequently each other. This will provide the catalyst for an atmosphere of harmony in the first instance, which is the condition for our peaceful 'co-existence' in this world of predominantly material values. Not that material well-being is not an important aim, but it is certainly not the only one.

The key to a deeper understanding of various cultures are their concrete languages. Therefore devoting more attention to a thorough study of the languages of Asia – a continent which is rapidly becoming more and more important on the global 'stage' – is one essential means by which to support mutual understanding and respect. Developing the studies of Asian languages from a global perspective with the aim of improving the chances of mutual understanding for the sake of mutual benefit is one important condition for building the solid foundation upon which World Peace can be established.

The deep insight of the Indian tradition into the spiritual background of human life in general has been recognised by many. Though to some this may appear to be a rather idealistic approach, the Indian tradition has always also perceived the practical and realistic background of spiritual vision, and that is perhaps why it has been inspiring all over the world. As a verse in the Indian Great Epic, the *Mahābhārata* says:

*yasya nāsti nija prajñā kevalam tu bahuśrutah /
na sa jānāti śāstrārtham darvī sūparasān iva //* (Mbh. II,50,10)

'He who does not have knowledge of his own, and has only heard much, /
he does not know the meaning of the Shastras, as the spoon (does not know) the tastes of the soup.'

And Yoga in Daily Life is a movement which is very much Indian. Besides a deeper spiritual insight it can also help people to achieve their own practical knowledge which will (we hope) also facilitate a more general mutual cultural understanding, one pre-condition of World Peace.

Prof. PhDr. Jaroslav Vacek, CSc.,
Institute of South and Central Asia, Seminar of Indian Studies, Charles University in Prague

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

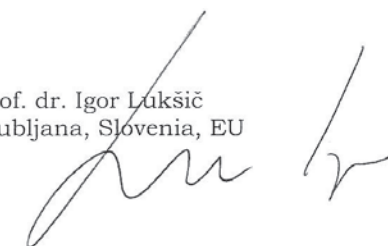
Allow me first to express what an honor it is for me to be able to participate actively within the World Peace Council also giving the fact I have agreed to become Slovenia's World Peace Council Ambassador. It is my firm belief the key messages of the conference as yoga-being part of India's wisdom and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



Dr. Alena Filkova
Sanatorium Helios, Brno

Dr. Katarina Sheardová
Head of Memory Center ICRC, St. Anne's University Hospital, Brno



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In Brno, August 28th 2015

Yoga in Daily Life as a holistic scientific teaching of positive way of life, leading to physical mental spiritual and social health, is deeply rooted in ancient research of great yogis and saints of India. It was transferred as a pure and untouched knowledge for ages from one generation of yogis to another. Like that it is carrying a very simple and precious message for the whole humanity about how to live a sustainable, happy and healthy life in harmony with society as well as nature.

After many experiences with technological development and intellectual knowledge mankind is finally coming to the braking point of realizing that with the technology and intellectual knowledge we got a comfortable way of life but at the same time we have plundered our beautiful planet Earth. As we are slowly destroying its resources for our needs still we did not find happiness, peace and harmony in the world and in our individual lives.

All over the world more and more people realize that we have to turn to our inner selves and start to create the world peace from within us. Wise men of the past left us a living message for this path embodied in the teaching of Yoga.

Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda known as an Ambassador of Peace has been bringing this message to the whole world for more than 40 years. With His dedicated work and tireless traveling He had spread the message of the ancient yogis to the modern world and adjusted it to the western way of life. After many many experiences with people living in the West He has created a living system and gave it a simple but self-expressing practical name - Yoga in Daily Life. The message that is carried within this teaching has been proven by modern technology and medical science again and again.

In medicine we are applying techniques of YIDL in the field of treatment and as well as prevention with growing frequency. In my gynecological profession and yoga teaching practice it is a great tool that enables me a more subtle work with the patients, pregnant women, menopausal ladies etc. The system YIDL can accompany the whole life of a woman and help her to understand and deal with all the periods of her life much wiser and better. It has been nearly half century since Vishwaguruji started His mission of non - violence and world peace through yoga. The scientific system of Yoga in Daily Life enables humankind to slowly and gradually understand that the way to world peace is through the inner harmony and peace within oneself.

Alena Filkova, MD
Sanatorium Helios - Center of Reproductive Medicine of Sydney IVF Clinics Geneva
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Brno, September 6th, 2015

Healthy life style and aging is currently the main topic of public interest and medical research. While modern medicine helped us to increase our life expectancy thanks to decreased child mortality and better management of lethal infections, people encounter even more chronic diseases disabling or shortening their lives. Modern medicine despite of a huge effort and research cannot treat most of them, especially illnesses associated with age. It is well known that the main factor influencing our health is a lifestyle (meaning exercise and diet), however with the development of new imaging methods and the progress of neuroscience we are learning that also the state of our mind, the way we deal with life situations and the quality of interactions with other people are very important for our health.

Yoga in daily life is a complex scientific system allowing us to influence our health and well-being on all of these levels. This ancient teaching of great yogis of India was brought to the western world thanks to his Holiness Vishwaguru Paramhans Sri Swami Maheshwarananda. He has transferred this untouched knowledge being passed for ages from one generation of yogis to another and adjusted it to the understanding of western mentality. Thanks to his dedicated and inexhaustible effort - seminars, publications, lectures and most of all personal interactions with his students in many countries - this knowledge could be spread and utilized worldwide. Finally, also modern science and medicine is coming to recognize these unique techniques and teachings as very important for health preservation, health improvement as well as crucial for healthy aging. This holistic approach influences human being on several levels - physical, mental, social and spiritual; only with this complex approach one can achieve deep and sustainable effects on health condition and well-being.

As a neurologist, I encounter people with many health problems resulting from the bad consequences of modern lifestyle. The most common are: back pain and joint pain caused by lack of appropriate and sufficient exercise; psychosomatic diseases (autoimmune and allergic diseases, ischemic heart and brain diseases, oncological diseases) which are the consequences of psychical disbalance and life traumas affecting our peripheral organs via disharmony of immune and hormonal system; and memory and mind problems often leading to dementia, which are usually triggered by depression, nonfunctional value system and lack of self-awareness. Yoga in daily life is a powerful instrument for fighting and chiefly for preventing these diseases: beginning with Asanas and vegetarian diet influencing us among all on a physical level, Hatha Yoga Kriyas as a powerful cleaning technique, Pranayama and relaxation techniques balancing our autonomous nervous system and thus our immune and hormonal homeostasis, meditation and principles of ahimsa and Yama-Niyama leading us to healthy relationship with oneself, others, nature and universe creating value system which is crucial for healthy functioning in this nowadays very complicated world.

I am very grateful, that I can use these powerful techniques of YIDL on daily basis interacting with my patients recommending specific Asanas and dietary precautions in indicated cases. Many of my patients entered after recommendation YIDL classes with great benefits for their health and mind.

I would like to express my deep appreciation to Vishwaguruji's work for the whole world, for his guidance to us his students, allowing us to better understand ourselves and to improve. As medical workers we have obtained powerful tool to help our patients more effectively and make our work more meaningful. Thank you Swamiji for your physical presence.

Katerina Sheardova, MD
Head of the Memory Center ICRC
1st Neurology Clinic, St. Anne's University Hospital Brno
Czech Republic



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Dr. Richard Pacola
Novy Jicin Hospital

Yoga as a therapeutic method in Otorhinolaryngology

The system of Yoga in Daily Life offers an important complement to the therapy in Otorhinolaryngology. The technique of NETI - nose cleaning with salty water (being a part of Hathayoga kriyas) plays an irreplaceable role in post-surgery treatment of patients undergoing nose or sinuses surgery.

The patients diagnosed with problems in the area of nose and sinuses, and especially with ear disorders such as ear barotrauma, tinnitus and hearing loss caused by inadequate middle ear ventilation utilize the yoga techniques such as NĀDĪ SHODHANA, PRĀNĀYĀMA, ANUNĀSIKA BHASTRIKĀ PRĀNĀYĀMA and KAMA MALA DHAUTI.

The treatment of dizziness and tinnitus caused by radicular syndromes or muscle disbalance in the cervical area can be significantly supported by numerous asanas. SHASHANKA ĀSANA, DVIKONA ĀSANA, SUMERU ĀSANA and a number of SARVA HITTA ĀSANA appear to be the most effective.

Countless patients benefit from these techniques and asanas even without being involved in the complexity of "practising yoga". The appreciation from the patients and their words of gratitude for recommending these exercises bring a positive feedback which inspires us to study and utilize the system of Yoga in Daily Life further, and introduce it to new patients as well as to professionals and to the wide public.

"Dear Doctor, such a simple and cheap method, yet it has helped me so much!!!" These were the words of one of the patients after introducing him to the NETI practise.

MUDr. Richard Pacola

Associate Specialist ENT department of Novy Jicin Hospital
private ENT practise Odry
Judicial expert in the field of medical care (ENT specialization)
richard.pacola@seznam.cz

Novy Jicin - 21-08-2015

Bird Life
NGO Slovenia



World Peace Council Conference
United Nations Vienna, Austria
2nd October 2015

Ljubljana, 13.9.2015

Respected Vishvaguriji Mahamandaleswar Paramhans Swami Maheshwarananda,

I would like to outline our full support of the conference of Sri Swami Madhavananda World Peace Council (SMWPC) that will be held in Vienna on 2nd October 2015. We acknowledge your work and congratulate you for endeavours of the SMWPC as the consultative with the Economic and Social Council of the United Nations. Furthermore, we acknowledge all the humanitarian projects of Yoga in daily life (YIDL), especially "Reforestation and ecology programmes" and "Animal refuge".

The conference coincides with the world non-violence day where it is necessary to consider human violence against nature, as well. Nature serves the mankind through ecosystem services – provision (water, food, materials), regulation (climate regulation, regulation against catastrophes such as floods etc., water and air purification), support (primary production, photosynthesis, pollination) and culture (recreational, historical and spiritual value of nature). Over-exploitation of natural resources enables people higher living standard but reduces survival probability of the entire mankind. Already in 1997 it was estimated that for the entire biosphere, the value of ecosystem services averages US\$33 trillion (10¹²) per year. At that time, global gross national product total was around US\$18 trillion per year. The services of ecological systems and the natural capital stocks that produce them are critical to the functioning of the Earth's life-support system (Constanza et al. 1997). Ecosystem services are conditioned by biodiversity and biodiversity crisis is recently the largest crisis challenging the mankind. Extinction rate of birds is 25-times faster than would be naturally expected. In Europe, birds of agroecosystems declined most dramatically. Intensive farming, use of pesticides, land melioration and conversion of meadows to intensive fields caused that populations of 39 species (i.e. 58 % of all bird species of agroecosystems) declined and became endangered (Donald et al. 2001).

DOPPS – BirdLife Slovenia (www.ptice.si) is a national, non-profit, non-governmental organization (NGO), established in 1979. We are working for the protection of birds and their habitats thus contributing to conservation of nature and welfare of society. We strive to realize our mission through the implementation of scientific research, nature conservation, education, journalistic work and cooperation with other NGOs, business sector and governmental organizations. DOPPS acts in public interest in the field of nature conservation, environment protection and research, and is the partner of BirdLife International in Slovenia.

Education and ecology programmes of YIDL, including the new "Save the birds initiative", directly contribute to the efforts to reduce biodiversity loss and are improving the understanding of importance of nature conservation for the mankind. Moreover, they address each of us to act personally. We wish the programmes to continue and we are looking forward to joint conservation initiatives in the future.

Yours sincerely,



Assistant professor Damijan Denac, Ph.D., director of DOPPS – BirdLife Slovenia

BirdLife
INTERNATIONAL

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Prof. Dr. Milada Krejčí

Vice-rector for science and research, Head of the Dept. Of Wellness,
College of PE and Sport Palestra, Prague



Claudia Matejovský

Director of Ayurveda Academy of Yoga in Daily Life, Vienna



To His Holiness

Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda
Vienna, Austria

THANKSGIVING MESSAGE

Dear and respected Vishwaguruji,

The celebration of 70 years is a possibility to remind the enormous value of your work in the health support, in communication between nations, religions, cultures, between people.

70 years of your life in which you have spread so much joy and peace to others, it gives me a great occasion to express gratitude and thanksgiving for your continual focus to create and develop the safe, moderate, holistic system "Yoga in Daily life" beneficial for everybody, bringing benefits in global standards. Over the decades, the system "Yoga in Daily life" stands as a symbol of unity ideals and serve to human peace and harmony experience, that links connects people, opens minds and creates opportunities.

The 70th anniversary is an opportunity to reflect – to look back to achievements. It is also an opportunity to spotlight where the system "Yoga in Daily life" was 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.

Like researcher cooperated 25 years long with physicians, educators and coaches from Austria, Canada, Czech Republic, Germany, India, Japan, Poland, Slovenia, Slovakia, USA, etc. I would like express that the system "Yoga in Daily life" helps effectively and permanently in areas of health education, wellness, sport, re-socialization and juvenile delinquency management. It is clear on the base of research results presentation (published in many scientific articles, monographs, in conference proceedings).

Let me wish you strong health and calm atmosphere for your mission – to achieve greater heights of peace, good will and train the human spirit, to give methods, how through yoga quality of life, humanity and human development can be reached.

With warmest thanks and all best wishes!

Milada Krejčí

Prague, 15th August 2015.

Prof. PaedDr. Milada Krejčí, PhD.

Vice-rector for science and research

Head of the Dept. of Wellness

College of PE and Sport PALESTRA,

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Muktamani - Claudia Matejovský
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Peace and the Individual

Ayurveda and Yoga both provide directions for a way of leading ones 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 (Dincharya), a seasonal routine (Rutucharya), 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

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



Mag. Brigitte Zehetner
Highschool Teacher

Inner peace for world peace

In this time and age world peace is more necessary than ever. There are many serious attempts of different institutions with variable approaches to create peace in the world: By helping people to improve their health and mode of life with better nourishment, water supply, good education, antistress training; By helping animals and the vegetation in protecting them; By finding a way to dam up the flood of chemicals and plastic on our planet.

There is one holistic and scientific system of His Holiness Vishwaguruji Paramhans Swami Maheshwarananda called „Yoga in Daily Life“, a world wide well known system for harmony of body, mind and soul. It is a system for health, lifestyle and peace, a system for everyone, supplying help in all areas of life to all creatures on our planet. It opens the heart, leads to inner peace and awakens the consciousness.

The main points of Vishwaguruji's teachings are:

- The support of physical, mental, social and spiritual health, the well-being of humans
- Respect for all life;
- Tolerance for all religions, cultures and nationalities;
- Development of inner peace for global peace;
- Protection of human rights;
- Protection of the environment and preservation of nature.

Vishwaguruji created this holistic and scientific system in 1972 together with medical doctors, psychologists and physiotherapists. Meanwhile it has become one of the greatest contributions to create inner peace which leads to ever lasting world peace.

The methods of „Yoga in Daily Life“ are basic and very effectful:

Relaxation, which is the antipole to stress and the precondition of all other yoga exercises;

Asanas, body exercises, which are psychosomatic exercises with a strong impact on the body, mind and soul;

Pranayamas, breathing exercises, which calm down the nerves and the thoughts;

Meditation and concentration, which bring clarity, positive thinking, a positive attitude towards life and lead to the awakening of consciousness.

As an instructor of yoga during more than 20 years I made the experience that the system Yoga in Daily Life is the perfect system for children, students and teachers to relax, to regain energy and to find inner peace. Here I would like to give an example, how powerful a yoga exercise can be:

Khatu Pranam, greetings to Khatu, consists of 20 positions to do one after the other in combination with breath and mantra-chanting. It harmonizes body, mind and soul in a perfect way. It is like a cosmic dance which has a strong influence on our energy centers and improves the flow of the life energy throughout the whole body. Each position has its special meaning. It is a prayer for health and happiness, for harmony between mankind and nature on our planet and for universal peace. Practicing Khatu Pranam just for a short period of 5 days has already an impact on every practitioner. Feeling the positive and integral effect of this body exercise often motivates people to continue their yoga practice. Every day's practice for a long period will certainly lead to an awakening of the ethical consciousness. By and by there arises the wish to be helpful to your family, your society and the world

The inner peace enables people to apply the ethical principles like tolerance for all living beings and respect and protection of all life on our planet. There will be harmony between people and between mankind and nature, there will be no more wars, no terrible torture of animals, no inhuman working conditions.

Here a feedback by a practitioner of one of my yoga classes:

„After having practiced asanas and pranayama I sit down comfortably and I feel relaxed and calm throughout. I close my eyes and meditate. And then I feel love for all, I feel one with all, I feel peace in me and outside of me.“

This is what our world needs now: an ethical development of mankind. This will inevitably bring peace on our earth.

To Vishwaguruji I want to express in my name and in the name of all my yoga practitioners high adoration and great thankfulness for his neverending wonderful work for peace.

Mag. Brigitte Zehetner

Certified yoga instructor of the system Yoga in Daily Life, Vienna, Austria
instructor of Yoga in Daily Life, University Department for educational work, Vienna,
high school teacher for Yoga in Daily Life, french and sports, Gymnasium 21, Wien 21

David Heneberg
Physiotherapist

Zuzana Kornatovska PhD.
Ass.Prof. University of South Bohemia, Fac. of Education

Use of the system Yoga in Daily Life in physiotherapeutic practice

I am registered physiotherapist and I operate a regeneration studio. Our studio focuses mostly on clients with chronic pain of back and the musculoskeletal system. Except physiotherapy we offer also craniosacral biodynamics, aromatherapy and yoga practicing by the system Yoga in Daily Life.

The cause of the most of problems of our clients is especially overloading of the musculoskeletal system leading to muscular dis-balance which causes after longer time to various functional and often even structural defects. These states are accompanied by chronic pain that leads not only to decreasing of the quality of life, but it often makes people unable to work and causes longtime incapacity for work. Combined with the big stress load, lack of movement, inappropriate nourishment and overall poor lifestyle, the client is locked in a vicious circle without any way out. Such a person is of course more or less vulnerable by mental disorders.

In our practice we find yoga, among with some special physiotherapeutic techniques, as most effective. Not only as prevention and education of healthy lifestyle, but also as a very important part of the physiotherapeutic work. Because the correction of the improper movement stereotypes is a long lasting issue, we practice with the clients Yoga against the Back pain from the system Yoga in Daily Life. These exercises follow or run in parallel with special individual therapies.

It is a perfect tool that allows us to work systematically and regularly in at least two months with the client and familiarize him with the principles of our musculoskeletal system. Plus yoga teaches them to purposefully relax, it increases the concentration ability, with the breathing exercises it improves the breathing stereotype, and especially it guides mind into peace. Within our regular sessions there is also a possibility for a completely different view at the stress, pain and illness. Yoga allows us to see the illness as a chance for the change of thinking and so it creates conditions and motivation for the life style change. So the client takes back the responsibility towards his health.

For me personally yoga is an extension that allows to connect the physical body with psychic, and I perceive its using in classical and special physiotherapy as a very big benefit for our clients.

Paramhans Swami Maheshwarananda - the author of the system Yoga in Daily Life which cooperates with the specialists in medicine and especially physiotherapy for more than 40 years, he introduced the professional public with relaxation technique yoganidra and he substantially contributed for the development of the physiotherapy field in our country. His system brings harmony of body, mind, spirit and soul and I am glad that I can use it in my daily practice, because it brings great results for my clients in prevention and the therapy.

David Heneberg
certified physiotherapist
Regeneration Studio Dayal, Vyšehradská 43, 120 00 Praha 2

THANKSGIVING MESSAGE

Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda is a great source of inspiration for teachers and educationalists. His irreplaceable experience provides us tirelessly for more than 45 years. His positive approach, integrative way of lectures and exercises expanded and shifted the thinking of educators, even faster ahead of themselves.

The comprehensive system "Yoga in Daily Life" contents crucial benefits for healthy population, including relaxation, remedy and treatment for people with disability. I used the system „Yoga in Daily Life“ in the dissertation research project „Availability, organization and health-social benefits of controlled movement activities in disability children“. Results showed clearly health and social benefits of yoga. In children with mental disability significant positive shifts were decreasing in quiescent heart rate, quiescent respiratory rate, heart rate burden, in social and school readiness. In children with hearing disability occurred to a significant positive shift in social competence. In children with visual disability increased vital capacity, symptoms of fearful behaviour were significantly reduced, and independent behaviour increased. Results of statistical analysis test PedsQL 4.0 showed significant positive changes in experimental samples compared to control samples. In the Faculty of Education, where I am working, I can applicate acquired experiences of yoga into education process of future teachers, trainers and health educators. The system "Yoga in Daily Life" is also very good for compensating burn-out in teachers, as I could investigate during the research project "PACZion – " where I worked in research team.

In the occasion of 70 anniversary of Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda I am very happy to take this opportunity to express my thanks for the fact that I could be close and be teaching directly of Vishvagurujī. It influenced not only my research work, but influenced my personal life in the right direction.

Thank you very much Visvagurujī, you have inspired me, directed, and you lead my steps and actions in the right direction. I wish you all the best, especially good health and prosperity.

With respect and devotion

Zuzana Kornatovská
Zuzana Kornatovská

České Budějovice, 21.8.2015

Ass. Prof. Zuzana Kornatovská, Ph.D.
Faculty of Education
University of South Bohemia in České Budějovice
České Budějovice
Czech Republic



Dr. Imre Csernus
Psychiatric Doctor

Respected Paramhans Swami Maheshwarananda,
Board Members of the Sri Swami Madhavananda World Peace Council,

The notification about, and the request to address, the conference "Yoga – A Path to Non-Violence and World Peace", organized at the United Nations, Vienna on the occasion of the International day of Non-Violence was sent to me by the Hungarian followers of Paramhans Swami Maheshwarananda. I should like to extend my best regards to the conference organisers, and further wish the Board Members of the Sri Swami Madhavananda World Peace Council and all delegates a rewarding event.

Before sharing my thoughts on world peace and non-violence please allow me to introduce myself shortly. I am a practicing psychiatrist with well over 20 years of consultative experience. Disciples of Paramhans Swami Maheshwarananda and the general Hungarian public might know me primarily through the approximately dozen of books I have published on handling with drug addiction and various interpersonal relationship issues. A TV programme where, with crude and unrelenting honesty, I have confronted my patients with their fears and mistakes brought me national fame as my treatment methods differed from what had been anticipated. My motto is "I do not believe in hopeless cases. There is always a way out. Always."

World Peace and/or Non-Violence:

I do not think that any of the two will be realized in the near future. I am a practitioner of expressing emotions, be them joyous or painful. The key to the solution lies within us, yet many are not conscious of it and do not become aware of it even throughout their entire lifespan although our present world is doing its utmost to awake us.

Caused by socialisation I see young people fall apart swifter and swifter. While many people say that this is a big problem, I do not think so. The quicker we experience the very depth of our hells the more time we have to live with open eyes in an awakened state.

Again, the key to the solution is honesty towards our own selves, which is the spoken articulation, and the living, of the emotions we ever feel. In case they are bad for us then we are to change them. The sense of my life is treading the Path. Of course: with heart and soul. And with Belief. Plus smile. If I am not violent towards my own self then my world will be also non-violent. My inner peace will have the corresponding radiance.

This is to say we owe the key to the solution in ourselves. We have to take responsibility for our thoughts and deeds as well as for our joyous and painful emotions.

Respectfully,

Dr. Imre Csernus
Psychiatrist

Dr. Nemrud Büyükkaya
Chief Medical Doctor Stockholm

Respected Vishwaguruji,

Dear Conference Participants.

Please accept my humble salutations and my best wishes for the conference titled "Yoga - Path to Non-Violence and World Peace", organised at the United Nations, Vienna on 2 October 2015. It is a great pleasure to be invited to contribute to this lofty event.

As a medical doctor and a humanist I highly esteem the endeavours of the System Yoga in Daily Life both in the field of environment as well as in animal projection. I have been a practitioner of Yoga in Daily Life techniques for more than fifteen years. I Practice Kharu Pranam, the System's "hallmark" exercise on a regular basis that is, alongside my jogging outings, largely supportive regarding the maintenance of my general physical fitness. As complementary therapeutic aid I frequently recommend yoga asanas and further yoga techniques to my patients.

It is my great desire that the efforts of Paramhans Swami Maheshwarananda will be officially recognised here, in Sweden.

With sincere appreciation and gratitude,

Respectfully

Nemrud M. Büyükkaya

Chief Medical Doctor

Stockholm, Sweden



Branka Arko

Professor of Sociology and Slovene

STATEMENT FOR 2015 WORLD PEACE COUNCIL CONFERENCE
October 2 in Vienna, Austria

by
Branka Arko
Maribor, Slovenia
Prof. of Sociology and Slovene

It is said that the most precious things, you can't buy. You can't buy love, you can't buy friendship, you can't buy wisdom and you can't buy peace. Peace as a state of being makes all the others possible. This is why peace is something which has always been most desirable and craved for, but very hard to attain and almost impossible to sustain. This is why one of the major questions of thinkers and wise politicians through the history of mankind has been not only how to establish peace among nations, countries and religions but also how to sustain it.

One of the sociological definitions is that peace consists of the absence of negative interaction in society and also implies the presence of certain elements of positive interaction. For sustaining peace, the absence of collective and organized violence is not enough. A peaceful society also needs freedom from fear, freedom for cooperation and contact, equality, justice and development. There were and are many attempts to implement those theories into practice but the history and the current situation in the world speaks for itself. One of the great thinkers, Mahatma Gandhi, said: "The spirit of democracy is not a mechanical thing to be adjusted by abolition of forms. It requires change of heart." Gandhiji connected the collective level with the individual level, as the two are inseparable. There is no society without individuals and individuals can't live without society. One influences the other. Positive society changes the person for the better, and the wise and kind person changes the society he or she lives in.

We all have a certain level of responsibility towards ourselves, our fellow humans and to the society in which we live. In the same way, the society as an entity bears a responsibility towards the individuals which are its vital parts. The responsibility of an individual towards others grows with the strength of his or her impact. The political and economic leaders are those with great influence on the world and that's why their share of responsibility is great. What we urgently need are "enlightened" leaders. I see the "enlightened" leaders as wise individuals with a great level of love, compassion for and understanding of their fellow men and women as well as the society as a whole, which can transform the chaotic world in which we live and lead it on the path of the sustainable peace.

So, how to develop the qualities of love, compassion and wisdom? Only by education and spirituality. Vishwaguru Paramhans Swami Maheshwaranandaji is a great example, one who helped to change the life of so many people in today's world. His work in the last five decades has helped thousands of people from different countries, races, cultures and religions to attain inner peace through practicing of The System Yoga in Daily Life. Changing of the heart seems to be the only path for developing inner peace, world peace and ultimately attaining the wellbeing of all.

Dr. Thomas Walsh

President UPF



UNIVERSAL PEACE FEDERATION

Sri Swami Madhavananda World Peace Council
Trubelgasse 17-19
A 1030 Vienna
Austria

On behalf of the worldwide chapters of the Universal Peace Federation, I applaud the Sri Swami Madhavananda World Peace Council for organizing its important conference on "Yoga: A Path to Non-Violence and World Peace" to be convened at the United Nations Headquarters in Vienna, Austria on October 2, 2015.

Just last year, following the visit of India's Prime Minister Narendra Modi to the United Nations, the United Nations General Assembly unanimously resolved that June 21 be celebrated each year as International Day of Yoga, dedicated to the peace, health and well being of all the world's peoples. The practice of yoga is known throughout the world for its benefits in reducing stress, improving physical and mental health, and contributing to inner peace.

The Sri Swami Madhavananda World Peace Council is doing excellent work, grounded in the vision of its revered founder and Holy Guruji, Sri Swami Madhavanandaji, who taught the values of non-violence and respect for all living beings. Your programs that promote education for women, gender equality, and environmental sustainability have helped in the effort to achieve the Millennium Development Goals. And surely this necessary work will carry on as we prepare to work to achieve for the Post-2015 Sustainable Development Goals.

As you convene at the United Nations in Vienna, I wish you great success and many blessings for your sincere efforts.

Sincerely and respectfully yours,

Dr. Thomas G. Walsh
President
Universal Peace Federation



The Presidium of the Continents Czech Republic

Kanhaya Lal Bairwa
Indian Police Service (Rtd)



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

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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 weapons, 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 pandemonium 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

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In a corollary to the UN declaration of International Yoga day, Shri Swami Madhavananda World Peace Council is organising a conference on "Yoga - a Path to Non violence and World Peace " on 2nd October 2015 in Vienna ,Austria.

Yoga for every individual means a healthy living and positive mind set free from all evils and vicious thoughts such as unbridled greed, un surmountable ego, unfounded hatred, uncontrolled aggression. Yoga is an inherent characteristic of human beings and qualifies every individual to co-exist with the nature and other creatures on earth. Yoga Strikes a perfect harmony and balance between human race & geographical features such as earth , rivers ,sea, hills and forest.

Any imbalance between mankind and environment leads to catastrophic upheaval and threatens the existence of living entities .Thus Yoga is a basic qualification for peaceful coexistence of individual, societies, cultures and nations. Yogic way of life inculcates love & compassion for all living species ,respect and adoration for different societies, cultures and civilizations. Such a homogeneous, conscious and peace loving society will form unity of nations promoting world peace.

On the birth anniversary of Mahatma Gandhi-who is an embodiment of peace and non-violence-the message of World peace shall travel far and wide among different human races and across the national boundaries. I wish a great success to this conference and the organisers for achieving the desired goal.

Kanhaiya Lal
Ex Director General of Police
(CD & HG) Rajasthan, Jaipur

Dr. Anna Galovicova

Ambassador of Parliament of the World 's Religion Slovakia

Katerina Vinder Ferkov

Ph. D, anthropologist

**Sri Swami Madhavananda World Peace Council
World Peace Council Conference**

United Nations Vienna, Austria
2nd October 2015

God is Peace

I greet all of you and I appreciate your efforts to establish Peace on Earth. But it will be not done by itself by meeting and discussing the Peace. It needs serenity of the mind and realizing that "God is the Peace" and observes bottoms up in this sphere of Peace, where seat also our souls.

Only connection with the Higher Self brings peace and love in people's hearts and minds.

God is the Truth.

Path of Truth is Divine. By this path walked Mahatma Gandhi and taught the Truth by non-violence, without a sword and deadly weapons. But to be honest and pure, you need to become silent and rest your consciousness in Silence.

Anna Galovičová



Ambassador of the Parliament of World's Religions Slovakia
Executive Coordinator for European Anti-Poverty Network



Anna Galovičová

veľvyslankyňa Parlamentu svetových náboženstiev
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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 todays 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 fist named "Proto Shiva" as God Shiva is recognized as the first yoga teacher or guru, as mentioned also in Shiva Samitha and conveyed by todays 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



Harmony for Body, Mind and Soul

Yoga in Daily Life

The Scientific Master-System



Paramhans Swami Maheshwarananda comes from Rajasthan, India, and has been living in Vienna, Austria since 1972. He is the author and founder of the scientific system Yoga in Daily Life – a master system that combines the ancient teachings and wisdom of India with the knowledge of modern time. Its main goal is to attain and maintain our physical, mental, social and spiritual health.

From 1972 onwards, Paramhans Swami Maheshwarananda has founded Yoga in Daily Life organisations as humanitarian, non-profit associations, charities and registered societies throughout Europe, in India, Indonesia, Australia, New Zealand, South Africa, Mexico, Cuba, USA and Canada.

The holistic system of Yoga in Daily Life offers health and help in life to everyone regardless of age or denomination. Besides in yoga-centres, programs of Yoga in Daily Life are conducted in governmental health centres, hospitals, and community organizations, as well as in schools, pre-schools, rehabilitation, sports and cultural institutions worldwide serving those who need various kinds of help. The system has proven to be significantly beneficial for both rehabilitation and preventative health measures, such as problems of the vegetative nervous system, stress-induced illness, psycho-somatic illness, sleep disorders, cardiovascular disease and other functional illnesses.

Today, after more than 40 years, **the Yoga in Daily Life system is practised by millions of people worldwide.** It has been introduced within schools and universities, rehabilitation centres and hospitals, nursing schools, organisations for blind and disabled people, as well as prisoners and war victims; and has proven to be significantly beneficial for rehabilitation therapy and preventative health measures. Throughout the world the system has received much positive accolade and appreciation from medical, social and other experts.

A Healthy Body

Yoga techniques awaken the natural healing capacity of the human body and support a balanced and vital state of health.

- Yoga Asanas - postures
- Hatha Yoga Kriyas - cleansing & detoxification of the body
- Pranayama - breath control
- Yoga Nidra – deep relaxation

A Healthy Society

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.

- Satsang
- Bhajans
- Seva

A Peaceful Mind

Clarity of thought, inner freedom, contentment and a healthy self-confidence are the basis for mental wellbeing.

- Self-Inquiry Meditation
- Mantra
- Tratak
- Concentration

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

- Kundalini and Chakras
- Bhava Samadhi
- Sahaj Samadhi

www.yogaindalilife.org





Éva Riszto
Olympic Champion

Respected Paramhans Swami Maheswarananda,
Board Members of the Sri Swami Madhavananda World Peace Council,

It is wonderful to learn about the event titled "Yoga – Path to Non-Violence and World Peace" organised at UN Vienna on 2nd October, 2015. Please allow me to express my best wishes for a rewarding conference and to share with you the experiences I gained through the techniques of Yoga in Daily Life (YIDL). This is to further thank and acknowledge the work of Mr. Tibor Kökény, the YIDL instructor who has assisted my preparation on behalf the System.

Before the 2012 Summer Olympics I had prepared for more than a year for the finals of the open water swimming. In accordance with the advice of Mr. Kökény I regularly applied the techniques of Yoga in Daily Life. The stretching effects of the yoga asanas as well as the relaxation and breathing techniques contributed to my swift regeneration and the maintenance of my inner balance. The yogic breathing methods proved to be exceptionally efficient in the development of my anaerobic respiration capacity as well as in the increase of my endurance.

In the light of the results I recommend the practice of Yoga in Daily Life techniques to sportsmen/women, managers and to all, who wish to diminish life's stress factors and attain the balance of body, mind and soul.

Cordially,

Éva Riszto
Olympic Champion
London, 2012
Open water swimming (10 km marathon)

Helga Aschauer
Director VHS Klosterneuburg

Volkshochschule

Stadtgemeinde Klosterneuburg, Rathausplatz 1, 3400 Klosterneuburg



Es ist mir eine ganz besondere Freude, zum Jubiläum von 45 Jahren „Yoga im täglichen Leben“, im Namen der Volkshochschule Klosterneuburg zu gratulieren.

Yoga ist für die Menschen der Stadt eine allgemein bekannte Methode geworden, Kraft zu tanken und aktiv etwas für mehr Wohlbefinden zu tun. Dankenswerterweise konnten auch viele Kurse für unsere Kinder abgehalten werden.

Rückmeldungen der Kursteilnehmer, gelassener und entspannter auf diverse Situationen eingehen zu können, bestätigen die positiven Auswirkungen der Kursbesuche.

In diesem Sinne wünsche ich zum 1. Internationalen Yogatag sowie zum Jubiläum alles Gute und weiterhin eine so eine positive Entwicklung.

Für das Team der Volkshochschule Klosterneuburg

Dir. Helga Aschauer e.h.

Leo Faltus
Director VHS Krems



MM Swami Vivek Puriji
President of Hindu Religion Croatia

Meine Erfolgshochschule
Volkshochschule
krems

An Yoga im täglichen Leben

Krems, im Juni 2015

Seit vielen Jahren finden an unserer Erfolgshochschule in Krems Yogakurse von Yoga im täglichen Leben statt, sowie auch Workshops zu speziellen Yogathemen, wie Yoga gegen Rückenschmerzen und das Yoga-Übungsprogramm bei Bluthochdruck als Unterstützung von Therapien. Es gab von Anfang an reges Interesse aus allen Berufs- und Altersgruppen aus dem südlichen Waldviertel.

Die Rückmeldungen von KursteilnehmerInnen sprechen für sich: viele haben durch die Teilnahme im Yogakurs erfahren, dass sie gelassener die Situationen des Lebens annehmen können, dass Rückenschmerzen weggehen, dass sie gelernt haben richtig zu entspannen und dass Sie sich leistungsfähiger und lebensfroher fühlen, was sich wesentlich auf die Bewältigung der Anforderungen am Arbeitsplatz auswirkt.

In den letzten Jahren wurde zusätzlich ein so wichtiges Thema – Gesundheit aus der Sicht der Ernährung – für unser Kursprogramm angeboten. Viele Menschen suchen aufgrund beruflicher Vollbeschäftigung konkrete Inspiration für gesunde Alltagsküche. Es ist erfreulich, dass Yoga diesen ganzheitlichen Ansatz hat und auch bezüglich Ernährung und Gesundheit konkrete Hilfestellung, Inspiration und vor allem auch Motivation bieten kann.

Yoga, und speziell Yoga im täglichen Leben zu praktizieren ist heute allgemein bekannt als eine Methode, Kraft zu tanken, zu entspannen und dass es relativ einfach ist, konkret im Leben zu integrieren, was der eigenen Gesundheit und somit wieder der Allgemeinheit, allen Lebewesen und der ganzen Natur zu Gute kommt.

Im Namen der Erfolgshochschule Krems wünschen wir Yoga im täglichen Leben und allen MitarbeiterInnen weiterhin viel Erfolg und Freude dabei, durch Yoga den Weg zu mehr Frieden, Harmonie, Toleranz und Respekt für die ganze Schöpfung aufzuzeigen.

Wir gratulieren dem Begründer und Autor von Yoga im täglichen Leben - Paramhans Swami Maheshwarananda - für 45 Jahre wertvolle Arbeit, und die Ausbildung der zahlreichen Yogalehrer weltweit. Zum 70. Geburtstag von Paramhans Swami Maheshwarananda wünschen wir Alles Gute, bestmögliche Gesundheit und noch viele Jahre Erfolg im Sinn von Yoga.

Leo Faltus

Leiter

Erfolgshochschule Krems

Österreichische Kulturvereinigung – Volkshochschule Krems
Mitglied des Verbandes NO Volkshochschulen

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HINDUISTIČKA VJERSKA ZAJEDNICA HRVATSKE

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2 October – The International Day of Non-Violence

It is not a coincidence that the birthday of Mahatma Gandhi Ji was chosen for the day of International Day of Non-Violence. In modern history Gandhi Ji was the one who has shown the real strength of non-violence, Ahimsa to the world. We should understand that this non-violence is true non-violence, not the one which is the result of weakness and fear. It is the non-violence of the lion who decide not to kill the sheep, although he is able to kill it, and not the non-violence of the sheep which is not attacking the lion from the fear, but justifies it's behaviour with non-violence. This is the inner strength which is not the reflection of the physical strength. Therefore, real Ahimsa is not only avoiding physical violence, but it is true inner peace without hate, revenge and fear. In this way Ahimsa is the strongest force in the world. Prof of that is the life and work of Mahatma Gandhi Ji through which India achieved its freedom and also the life of Martin Luther King who by applying the same principle of non-violence through the inner strength and peace, achieved racial equality and abolition of segregation in America.

To achieve this inner state, which is not simply to achieve and even harder to keep inside, we need discipline and practice. This discipline and practice is given by Yoga. Vishwaguru Ji brought us the System "Yoga in Daily Life", the teachings of Sri Alakhpuriji Siddha Peeth Parampara and in that way woke us up and made us aware of Ahimsa, principle of the humanity which exists in all traditions and cultures. Felling of the inner contentment and peace is the key for achieving the world peace. It is said to be a "good man", first you have to feel good in yourself, and that we achieve by Yoga - inner peace, harmony and contentment.

Ahimsa doesn't means only non-violence to your own species (in our case between humans), but it means non-violence towards whole creation. Everybody is conscience that today we are facing one of the biggest challenges of the mankind, and that is the survival against environmental collapse and destruction as a result of human greed. Let's remember again what Gandhi Ji was talking: "Earth has enough for everybody's needs, but not for the greed." Ahimsa towards humans is a solution for the wars and terrorism, and Ahimsa towards animals and whole creation is a solution of our survival on the Earth.

The only solution and way for survival and sustainability is through achieving inner harmony and wholeness, which is brought by Yoga, ancient wisdom which has been continuously spread on by the great teachers of the humankind from the immemorial till the present day.

For that light which He brought and woke us up, for unsparing work for the well-being of the humankind, we are thankfull to one of them, our Master, Vishwaguru Ji Mahamandaleshwar Paramhans Swami Maheshwarananda.

Mahamandaleshwar Swami Vivek Puri
president of Hindu Religion of Croatia



Dr. Manfred Stepponat
President Fellowship



John Joyce
Vice-President SMWPC

सोऽहम् श्री गुरुदीपाय नमः
International Sri Deep Madhavananda Ashram Fellowship
 Schikanedergasse 12/13, A-1040 Vienna, Austria

Peace - a condition mankind has been longing to reach for thousands of years. Unfortunately in many places around the world peace has not always been a part of history, neither in the past nor in the present.

The reasons for this are as complex and diverse as human nature itself. Outer life circumstances are merely a reflection of the inner world of human beings. Therefore it is necessary to attain a peaceful condition which harmonizes physically, psychologically, socially and spiritually. Our children should be given the opportunity to grow in a peaceful environment; we should serve every living being, lead a vegetarian life and protect our mother nature.

The royal path to achieving all of this is Yoga. Nowadays everybody has the possibility to read about Yoga, to practice Yoga, to serve and to pray with devotion, so one can form his inner and outer world. Especially through *Yoga in Daily Life®* and with the guidance and wisdom of a self-realized master such as His Holiness **Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda** we have the opportunity to gain true knowledge and individual benefits.

Providing additional support are all bhajans, satsangs, seminars and especially the webcasts from Vishwaguruji. This gift to mankind should be called to everyone's mind. My gratitude for all of this goes to Vishwaguruji and his spiritual ancestors, our Siddha Peeth Parampara.

Hindu Dharmasamrat Paramhans Sri Swami Madhavananda, Vishwaguruji's master, was a great example to all of us who have known him personally. His selfless serving, all the satsangs and bhajans he has given to us, testify his knowledge and wisdom. Therefore the *Sri Swami Madhavananda World Peace Council* was founded in the year 2002 together with Holy Guruji, and with Vishwaguruji it has continued for every year onward.

I wish success to everybody in their efforts to bring peace to our world, and I hope that this years' Peace Conference will again be an inspiration for many people on this planet.

Mansukram
(Dr. Manfred Stepponat, President)
Graz, 6.09.2015

John Joyce,
Vice President
Sri Madhavananda World Peace Council
World Peace Summit
Vienna

Non violence is a very topical and relevant subject in today's world. We are seeing everywhere the idea that if a group or individual want to get something, they feel they must take it by force, often with violent means. In actual fact anything taken by force is a violent action to someone, even if actual physical violence is not used. We can remind ourselves that violence can not just be physical, but also emotional, mental and spiritual as well. Anything that restricts freedom can be looked upon as a violent action.

Ghandiji of course was a wonderful example of someone who applied non violent principles. But it wasn't always like this for him, especially in his early years. Just like the rest of us he had to learn these principles in order realize that the best and most effective way to initiate societal change is through non violent principles.

He had to learn too that in order for him to practice non violence on the outside he had to clear his own consciousness of non violent thoughts and ways of being on the inside. He understood, our outer actions just reflect our inner state of being.

So, for our society to make a real change, we need to deal with issues on an individual and group level within our own consciousness. Otherwise any change fails to be long term.

Those of us who practice yoga regularly and in particular Swamiji's teachings of Yoga in Daily Life will know, that this is one way to effect this monumental change in our consciousness on the inside.

Gahandiji's embodiment of no violence was evidenced when as he was being shot dead by a rogue protestor, he raised his hand to him in peace to him, and forgave him on the spot.

If we could all emulate only part of this, we would go a long long way to bringing non violence to our world. Have a wonderful conference, and lots of thoughts and good wishes to you all from Wellington, New Zealand.

John Joyce
Vice President



Dinah Wiley
General Secretary SMWPC



Kapil Agarwal
SMWPC Ambassador for India

STATEMENT FOR
2015 WORLD PEACE COUNCIL
CONFERENCE
October 2 in Vienna, Austria
by



Harmony for Body, Mind and Soul

Dinah Wiley
(Divya Puri), Washington DC
General Secretary,
Swami Madhavananda World Peace Council

I have learned yoga practices of asana, pranayama, and meditation from my revered master, Vishwaguru Paramhans Swami Maheshwarananda, the founder of the Peace Council and this Conference, and author of the brilliant holistic system called "Yoga in Daily Life." When yoga practices, or sadhana, uncover the feelings of deep inner peace, there is no room for the fear and anger that can lead to violent thought or action. There is only joy and a feeling of harmony that opens the heart to love. It seems that if every human on earth practiced yoga sadhana daily, there would be a massive turning away from killing, abuse, and oppression toward a world of perfect peace. In such a world, fear and anger would be used only for protecting those who are vulnerable and for ending injustice. Bringing the gift of yoga to others is something we can all do through yoga sadhana, which creates peaceful energy that spreads non-verbally to all around us. And if those around us become more peaceful, then they continue bringing peace to others.

Of course we cannot be content only with personal sadhana in our quest for a better world. There is much hard work to do to promote peace where conflict now exists, and to organize and support activities that bring peace and a healthy environment to all creatures, communities, and society. This 2015 World Peace Council Conference in Vienna affirms the vital role of yoga in removing obstacles to peace within and without each individual. It also brings together committed peace-makers in the name of beloved Sri Swami Madhavanandaji to work together for the new ideas, strategies, and plans that are needed to spread non-violence, ahimsa in thought, word and deed, on the broadest global scale. Thank you to Vishwaguruji and all the organizers for making possible this important convening.

Kapil Agarwal - Secretary of H. H. Vishwaguru Swami Maheshwaranand ji & Ambassador of Sri Swami Madhavananda World Peace Council for India. He is a young Entrepreneur having Transport & Logistic business in the name of Globe Asia Transport in Jaipur, Rajasthan – India and also having political & social responsibilities for Rajasthan.

“Yoga –A Science for World Peace”

Yoga is an important building block for transforming World into a Global Planet of Peace. It makes you again pure like a child, when there is yoga and vedanta there is no 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 guns are not the right instrument to 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 blockages 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 ahimsa (non-harming any creatures), creating a path to Inner Peace and World Peace. By practicing yoga a man can develop a quality of personal integrity, personal discipline and open mindedness, and it is enriched further when a man develops an open attitude and universal perspective.

The Yoga develops new ideas, new energy, and a 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 create 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. Vishwaguru Swami Maheshwaranand ji has said, we need not only to 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 essential of an inner peace which, while secure in its calmness, is energetic in its promise.

Finally, dear Parliamentarians and Leaders, I am sure that seeing the 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 the 21st century should be a century of tolerance and peace, led by Yoga and youth. Every inhabitant of this planet should think "wherever I go, peace is with me, because without peace there is no me."



Chandra Sukhwal

SSMWPC Ambassador of Peace, United Nations
New York, USA

Sri Swami Madhavananda World Peace Council United Nations, Vienna

Sri Swami Madhavananda has done tremendous amount of work for Yoga and world peace. From time to time he has given the message of peace to the people to maintain the world peace. Today, Swami Ji is not with us in this world but his message and blessings are with us. Whatever work he has left unfinished his disciple, Shree Mahamandaleshwar Mahaguru Mahayogi Maheshanand Ji, is trying to get that done. Swami Maheshanand ji has also done tremendous amount of work for Yoga and world peace. He has founded 150 centers of yoga in the world for people to adopt a healthy lifestyle. He has done lots of work in United Nations and through this organization he has given the message of yoga and world peace to the people. His intentions are to achieve and maintain the world peace and to unite all the nations of the world to make this world a better place. Swami Ji's way of doing work is very similar to Mahatma Gandhi's way. On this occasion of October 2nd, Gandhi Jayanti, Swami Ji is once again giving message of yoga and world peace to the world through United Nations. He wants people to join us and work with us to make the dream of Mahatma Gandhi possible. So on this auspicious day, I congratulate Swami Ji for his commendable work in the field of yoga and peace for the betterment of the society. Jai Hind!

Chandra Sukhwal

*SSMWPC Ambassador of Peace, United Nations
New York, USA*

Denis Licul

SMWPC representative New York, USA



YOGA IN DAILY LIFE – NEW YORK
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On behalf of Yoga in Daily Life New York, I convey congratulations to the Sri Swami Madhavananda World Peace Council and extend my best wishes for a successful outcome of the conference "Yoga as a Path to Non-Violence and World Peace."

I am humbled and honored to have served over a decade as the NGO representative of Yoga in Daily Life and the Peace Council at the United Nations headquarters in New York. Over the past decade and the UN adopted the Millennium Development Goals, I have observed growing clarity in understanding the global economic, social, political, ecological and spiritual crisis, as well as recognition of the growing need to take urgent steps in overcoming this crisis.

At this point there is a global consensus at the United Nations about several facts:

- The future existence of the human species on Earth is seriously endangered.
- We humans, the most evolved species on this planet, with our present way of life, have the sole responsibility for the global crisis.
- The profit-oriented economy, producing insatiable greed for wealth and power, has created enormous economic and social inequality, depleted natural resources, created environmental pollution, extinction of many species and global warming. As a result the world we live in is suffering from disease, war and poverty.
- The developing countries, so-called "third-world countries," which are the least responsible for this situation, are suffering the most and have the least resources to address the crisis.
- Overcoming the crisis, which is essential to our survival, has to be global. Global political consensus is needed to change the course of our future.

The United Nations has become the leading force for change, with a critical role in unifying the positive efforts of civil society and political leaders around the globe. All eyes and ears are geared toward the upcoming COP 21 UN Climate Change Conference in Paris (30.11-11.12). There is hope that COP 21 can bring consensus and adoption of documents that would create a politically binding platform for global change.

The Sri Swami Madhavananda World Peace Council and Yoga in Daily Life international yoga community, under the leadership of HH Vishwaguru Swami Maheshwarananda, for more than 50 years has contributed positive change in the world. Our efforts and goals have been acknowledged with the UN declaration of the International Day of Yoga on 21 June. Yoga and meditation practice is transforming individual lives; supporting health; creating positive, peaceful and clear minds; and awakening awareness. Yoga and meditation teaches us to diagnose, control and overcome inner weaknesses and negativity such as attachment, greed, anger and fear. Yoga in Daily Life promotes vegetarianism, respect for all creatures and nature.

The father of the nonviolent peace movement, Gandhi, said: Be the change you want to see. Yoga is a tool to bring this message to life. Yoga, as a universal, affordable and transformative practice, creates that change—change in our individual lives and in society at large. Yoga is the path to non-violence and world peace.

Denis Licul - Kripadevi
President of Yoga in Daily Life-New York
NGO representative of SMWPC at the United Nations



Sadhvi Uma Puri

Vice-President Shiva Mandir Austria

Conference on Yoga, Non-Violence and Peace,
on Oct. 2nd 2015
at the United Nations office of Vienna, Austria

It was here in Vienna, Austria, which is not coincidentally named the "heart of Europe" that Swamiji planted the seed of Yoga in Daily Life more than forty years ago. Yoga in Daily Life is today practiced all over the world by millions of people. At the same time Swamiji has brought into our world the Divine Light of Sri Dip Narayan Mahaprabhuji which shines through all hearts who come to meet him.

My great devotion and respect to our dear Master Sri Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwaranandaji, the founder of the Sri Swami Madhavananda Peace Council and my cordial regards to all who are helping to organize the annual conferences on "Peace and Non-Violence".

It is easier to write and speak about peace and nonviolence than to realize it. In India there is the proverb "Santoshi Nar Sada Succhi" which means "Who is innerly content is always happy". In the same way Mahatma Gandhi speaks of "Simple living and high thinking". Nowadays a lot of advertisements try to manipulate our minds in specific ways. Therefore we are actually searching to break away from the consumer society so that we can reach another kind of happiness which resides within ourselves. The system of "Yoga in Daily Life" shows us the way. For every practitioner it offers special techniques to find inner contentment and even more than that, to find the real inner Self again. For the active one it offers Karma Yoga, for the emotional one Bhakti Yoga, for the one who wants to work hard on him or herself there is Raja Yoga and for the intellectual one there is Gyana Yoga.

A great help and light on our path is Hatha Yoga and its six purification techniques, the Sat Karma Kriyas. Hatha Yoga means the complete balancing and of the two great main forces Ida and Pingala or the sympathetic and the parasympathic nerves, in our body. When these two are in harmony, the third nadi, Sushumna, starts to flow and the three are united in the eyebrow-center, the Trikuti, which means the shore of the three secret rivers Ganga, Yamuna and Sarasvati. Through the Sat Karma Kriyas have cleaning effects on our phenomenon.

These Kriyas purify our whole system from the three doshas, from the products of metabolism, which means from too much of mucus, acidity and gases. This makes our body healthy and strong. They help us to get rid of the Tamas Guna - laziness, drowsiness, illness which are the greatest enemies of the practitioner.

Neti: Purification of the nose and sinus cavities

Kapalbhati: A powerful cleaning process where the air is forcefully expelled from the lungs, removing any stagnant carbon dioxide accumulated in the lower parts of the lungs. It activates the brain centers, the blood circulation of the face and purifies the nose from mucus.

Dhauti: Is the practice of cleaning the oesophagus and the stomach. It helps to get rid of too much acid and is a great help for those who suffer from asthma bronchialis and stomach diseases.

Basti- Shanka Prakshalan: Is the purification of the whole digestive system from the mouth to the end of the duodenum. It is simple, but the know-how is important, so it should only be practiced under the instruction of a theoretically and practically well experienced yoga teacher.

Nauli: Is the activation of the digestive fire through isolating and rotating the great abdominal muscle to the left and right repeatedly. Rotation of the muscles, clockwise as well as anti-clockwise is also practiced. This tones up all the organs in the abdomen and removes digestive disorders. Prevention of diabetes and many, many chronic diseases.

Trataka: It is a permanent focussing on one point, mostly we use a candle light. It increases concentration. It helps to develop steadiness, it purifies the eyes and improves the eyesight and relaxes the mind.

The practice the six Hatha Yoga Kriyas has most positive effects on our whole being with its five koshas, the physical, the causal and the astral body.

Throughout the years in this life that I had the opportunity and the blessing to travel and to be with Swamiji, it has been possible to get some glimpses of who he is in reality. Such a great personality, mentor, inspirer and example - words cannot describe. His coming into my life was the greatest blessing. Everything changed into the positive and the divine. Today I can say he saved my life. With my whole being and great thankfulness and devotion, trying to bring the light of our Sri Alakpuriji Siddha Peeth Parampara to those who are still in darkness and searching, I feel very honoured to be able to take part in Swamiji's life here on this Karma Bhumi, and also that he regards me as dignified to wear the holy orange colour of a Sannyasin.

With Love and Devotion,

Sadhvi Umapuri

Teacher of Yoga in Daily Life -The System®

Sadhvi Parvati

Yoga in Daily Life Czech Republic



I would like to join in congratulating Vishwaguruji Paramhans Swami Maheshwarananda on his birthday.

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 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

Sadhvi Parvati

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Sadhvi Shivjyoti
Yoga in Daily Life Australia



YOGA IN DAILY LIFE AUSTRALIA

Yoga in its essence is World Peace, because it means Union, and once we are on the journey to achieving that we are automatically contributing to world peace, sustainability and non-violence.

Yoga helps us recognise the inherent longing of our hearts, to be open to all, and to serve all, and to help them develop themselves. That we ourselves then become the path to peace, the path of understanding, the path of mercy, kindness, compassion, care and everything the world needs to achieve stability, sustainability and reconciliation.

It is difficult to understand how we could possibly contribute in creating world peace without first realising peace within ourselves. We attain peace, by becoming peace.

We are thankful to Vishwaguruji and indeed blessed to have his guidance and complete perfection in the knowledge of Yoga. Through his yoga system we are supported in every aspect of health and the soul's journey to self-realisation.

On Behalf of Yoga in Daily Life Australia, and Brisbane Ashram, wish you every success for the World Peace Summit. Vishwaguruji's tireless efforts to remind us the value Yoga offers the world, plants seeds of hope and change in our hearts. It inspires us to continue flourishing globally and spreading his system of Yoga in Daily Life, and though it, bringing hope, solace, health and awakening to endless seekers around the world.

I'll leave you with some inspiring words from Vishwaguruji, and all the very best wishes for your success.

"Yoga leads us to an understanding of our oneness with all living beings and the whole of creation. We learn that every injury we inflict on another inevitably comes back to us; that every positive action and every positive thought brings happiness to others as well as to ourselves". Vishwaguruji

*Yours,
Sadhvi Shivjyoti Puri*

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YIDL USA
Yoga in Daily Life USA



Harmony for Body, Mind and Soul

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"Yoga as a Path to Non-Violence and World Peace"

A Statement from Yoga in Daily Life USA
On the Occasion of the Sri Swami Madhavananda World Peace Council Conference
October 2, 2015, Vienna, Austria

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 becoming 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 Swami 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 national will 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.

Dr. Martin Repko

President Yoga in Daily Life Czech Rep.



Vishwaguruj 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 Vishwaguruj'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 Vishwaguruj 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.

Vishwaguruj'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 Vishwaguruj 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. Vishwaguruj tough 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 Vishwaguruj already helped and is still helping by this way.

Our great wish is to be at Vishwaguruj'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

Roman Fuksa

President of Yoga in Daily Life Prague, Czech Republic



Společnost JÓGA V DENNÍM ŽIVOTĚ, občanské sdružení

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Prague, Sept. 8, 2015

We would like to express our gratitude to His Holiness Vishwaguru Paramhans Sri Swami Maheshwaranandaji for continuous inspiration and support in organizing yoga classes in Prague, Czech Republic.

Thanks to his regular visits and guidance, Yoga in Daily Life rooted deeply in our city. Currently we have 5 yogacenters hosting over 100 classes a week that attend more than 2000 practitioners.

We offer classes virtually for everyone, from children, to future mothers, seniors, disabled or seriously ill people, university students and, of course, general population. Yoga in Daily Life in Prague also helps the environment - we have planted a few thousands of trees in several regions of Prague, making the city greener and healthier. We also participate in interreligious activities and dialogues with other churches. One of our projects focused on seniors was even awarded as a project of the year by interreligious committee of church volunteering group.

We would like to take the opportunity of His 70th anniversary, and wish Swami Maheshwaranandaji much success in His mission to uplift humankind through practice of yoga and spiritual development, and thank him for all our achievements on this path.



Roman Fuksa,

president of Yoga in Daily Life, Prague

Společnost JÓGA V DENNÍM ŽIVOTĚ, občanské sdružení registrované Ministerstvem vnitra dne 17. 10. 1990
pod číslem jednacím VSP/1-2781/90-R. IČ: 00459976, DIČ: CZ00459976
bankovní spojení: ČSOB Praha 2, č. ú.: 112 292 917 / 0300

YIDL Croatia

Yoga in Daily Life Croatia



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Beloved Gurudev, Pranam in the name of all Croatian bhaktas,

On this occasion of Peace Conference at the UN Vienna International Centre, organized by Sri Swami Madhavananda World Peace Council, the members of Yoga in Daily Life Croatia would like to present the strives and the most important activities that have been made in Croatia to promote peaceful, non-violent world and sustainable future.

Over 30 years The System Yoga in Daily Life, which His Holiness Vishwaguru Mahamandalshwar Paramhans Swami Maheshwarananda gave to us, has been thought in every major town though whole Croatia, bringing divine light of Yoga and its main postulate "Ahimsa paramo dharma", (nonviolence is the highest principle) to thousands of Croatians, inspiring many to vegetarianism and ethical human behavior.

In 2001 our dear Vishwaguruji started the initiative "Prayer for World Peace" by the seaside of the Adriatic Coast in beautiful city of Umag. Representatives of the Catholic Church, Islam, many members and practitioners of Yoga in Daily Life from all over the world as well as the Indian ambassador to Croatia and representatives of local and regional authorities were praying for world peace and mutual tolerance led by Vishwaguruji. From that day Prayers for World Peace become a tradition in Croatia and they also spread all over the world.

With special warmth in the heart we remember the big international World Peace Summit, first of that kind in Croatia, which took place in Zagreb in 2005 under Vishwaguruji's guidance. 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. To convert words spoken on many World Peace Summits into action, Vishwaguruji's initiative "Plant the Trees" and "Save the Birds" inspired us to plant more than 500 young wild fruit trees in Kopački rit, Croatian nature park extremely important habitat for waterfowls. Also, members and friends of Yoga in Daily Life with the support and help of Croatian Forest Authority planted several thousands of young Red Oak and Ash trees in Croatian forests to protect the forests and the wildlife in it.

With regular yoga classes and numerous free programs, like Yoga for seniors, Yoga in the nature, Yoga for unemployed and Yoga for breast cancer victims, we are raising the awareness of wide range of people by including them in all the programs and activities of Yoga in Daily Life.

Yoga in Daily Life Croatia

Mladen Zlamalik

President of Indian Friendship Society Croatia



Hrvatsko-Indijsko društvo prijateljstva
Croatian Indian Friendship Society
Jurjevska 41, 10000 Zagreb, Hrvatska

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

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*

Károly Kovács

President Yoga in Daily Life Budapest, Hungary



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Budapest 29 September 2015

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 the occasion of the International Day of Yoga and acknowledge the efforts of Prime Minister Mr. Narendra Modi for initiating an annual UN observance on June 21.

Based on the latter, please accept my sincere appreciation, gratitude and best wishes for the conference titled "Yoga – a Path to Non-Violence and World Peace" at the UN Vienna, on October 2, 2015.

Respectfully:

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

Tibor Kökény
President Yoga Union Hungary

Dr. Tamás Czeus
President Yoga in Daily Life Szeged, Hungary

Hungarian National Yoga Union
H-1114 Budapest, Bartók B. 51., www.jogaunio.hu

Respected Vishwagurujī,
Members of the Sri Swami Madhavananda World Peace Council,

On behalf of the Hungarian National Yoga Union (HNYU) it is a great honour to have the opportunity to contribute to the conference "Yoga – A Path to Non-Violence and World Peace". As the President of HNYU I should like to congratulate to the organisation of the event and briefly introduce HNYU and one of its major achievements, the Yoga Instructor Training Programme (YITP). While the Hungarian National Centre of Yoga In Daily Life (YIDL) is overseeing the local ashrams and yoga societies belonging to the System, HNYU was initiated by Vishwagurujī to enable YIDL-Hungary to create an external outreach body.

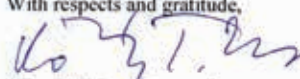
The Yoga Instructor Training Programme (YITP), administered by HNYU is making up for a long term hiatus of the Hungarian education system. Due to the insufficient number of qualified yoga teachers a widespread dissemination of yoga in schools has not been possible so far. Since 2011 this gap has been filled by the YITP that is based on the System - Yoga in Daily Life. Sixty pedagogues have been educated to pass further the method in their schools and thus an additional 900 students practice regularly according to YIDL in different Hungarian cities (Szeged, Békéscsaba, Budapest, Esztergom).

The YITP was primarily designed to meet the needs of regular students. At the same time experiences show that the programme is also well applicable with students of special needs.

YIDL techniques for excelling or extraordinarily gifted students: Yoga is not of competitive nature, but as a complementary movement for athletes it highly contributes to better performance. On the other hand it can provide a sense of success for those students who excel in science, humanities or arts, but have difficulties in PE.

YIDL for students who require special attention and care: Yoga techniques provide a wide spectrum of aid for young people who show behavioural disorders or have difficulties in adjustment. They experience simple rules directly, through their own practice, their own bodily sensations. Yoga techniques can be further applied in pathological cases, such as sleeping disorders, headache or learning disabilities. YIDL may also contribute to the full scale prevention or the rehabilitation of an addictive conduct.

The YITP has originally targeted those who instruct the age group of 6-18 but is well applicable in other age groups too. The programme was tested by pre-school children and university students as well, along with seniors (over 70). The programme had a social integrating effect too: students of very different ages and social backgrounds practiced harmoniously side by side at a children's home where the scheme was introduced. The YITP is a proof that the self-help and self-developmental elements of yoga show their positive effects on physical, mental and social levels if the techniques are applied regularly and incorporated into one's daily routine.

With respects and gratitude,

Tibor Kökény (Tyagpuri)
President
Hungarian National Yoga Union (HNYU)



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Respected Vishwagurujī, 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 Vishwagurujī. It was through Vishwagurujī 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 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 Czeus (Cetan Puri)
veterinarian, yoga instructor,
President of the Yoga in Daily Life Society

YIDL Győr

Yoga in Daily Life Győr, Hungary



YOGA A MINDENNAPI ÉLETBEN – GYŐR-MOSON-SOPRON MEGYEI EGYESÜLETE

Pranam Vishwaguruji,
Board Members of the Sri Swami Madhavananda World Peace Council,

On behalf of the Győr-Moson-Sopron County Association of Yoga in Daily Life (YIDL Győr) it is humbling to become involved in the work of the Sri Swami Madhavananda World Peace Council (SMWPC) and Yoga in Daily Life (YIDL), the organisations Vishwaguruji has authored and has been overseeing for approximately five decades.

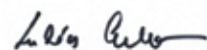
YIDL Győr, similarly to all other members of the "Yoga in Daily Life Family", operates as a not for profit NGO, offering classes based on the eight levels of the System as well as the specialised courses of "Yoga for Backpain", "Diabetes – Help through Yoga in Daily Life" and Yoga with Children". The regular lessons and the special activities of the society (vegetarian cooking workshops, intensive purification sessions, etc.) contribute to the UN MDG/SDG-related charitable and philanthropic endeavours of Vishwaguruji He primarily manifests in India, South-Asia.

YIDL Győr enjoys a special rapport with the institutions of higher education in the city. Yoga in Daily Life has been acknowledged as an optional programme at the Centre of Physical Education and Sports of Széchenyi István University since 2006. Numerous students opt for YIDL all through the four consecutive terms, the maximum number of semesters physical education is compulsory for undergraduates. (The members of the Students' Union of the University and the practitioners of YIDL Győr regularly organise exceedingly popular voluntary environmental programmes backed up by the leaders of both institutions.)

In the previous academic year YIDL Győr instructors were invited to lead a fifteen-week "Yoga for Backpain" programme at the Győr Faculty of the University of West Hungary for some 45 students enrolled in the "Recreation and Health" BA Minor. As per the ex post quality assurance feedback 72 percent of the participants practiced YIDL beyond the compulsory curriculum (i.e. in their free times) and an overwhelming 90 percent of the students claimed that the relaxation and respiration techniques of the System provided them with unprecedented energy, freshness, tranquillity, a stress-free state of mind and principally, peace.

Again, this is to thank Vishwaguruji for all the privileges He bestows upon us and especially for being accepted as His disciple, the greatest privilege of all.

Respectfully,



Dr. Lukács Eszter – Hemvati
President, YIDL Győr
Member of the Presidium, United Nations Association of Hungary (UNA-H)

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Allan Dudinsky

President Yoga in Daily Life Slovakia



Harmónia téla, mysle a duše

Slovak Union Yoga in Daily Life

Dear friends,

Bratislava, August 31th, 2015

We are grateful for this Peace Conference, organized by Sri Swami Madhavananda World Peace Council. It continues with tradition of World Peace Summits, which started right here in the city of Vienna in 2002. It brings the message of Tolerance and Nonviolence of Sri Swami Mahdavanandaji and Mahatma Gandhiji to the whole world. We are pleased that this event is taking place on the International Day of Non-Violence, Mahatma Gandhi's birthday, on 2nd of October 2015.

We, citizens of Slovakia, have a special relationship to his personality. In the Slovak National Library we enshrine Gandhi's letter from 1910, when he began to develop his struggle for the rights and independence of India. His commitment to pursue this struggle following the principles emanating from Sanatana Dharma – in the spirit of not harming anyone or anything in any way, in the spirit of compassion, understanding, even towards enemies – still inspires and encourages millions of people around the world and in Slovakia.

In many cities of the Slovak Republic we have been commemorating the Day of Non-Violence ever since its inception by the UN. Non-violence - Ahimsa is a main pillar of philosophy and practise of Yoga. UN acknowledge the science of Yoga and since this year, we have a pleasure to celebrate another UN declared day – the International Day of Yoga (21st of June).

Yoga has deep roots in Slovakia. Today, thanks to His Holiness Vishwaguru Paramhans Swami Maheshwarananda, we are witnessing the greatest expansion of yoga in the history of Slovakia. Practicing according to the System Yoga in Daily Life take place in dozens of towns and villages. It is performed in rehabilitation facilities, spas, sports facilities as well as in schools. For more than 40 years the entire country enjoys benefits brought by Vishwaguruji to this part of the world.

Thanks to yoga, thousands of people have rediscovered their inner selves, strengthened their health and gained wellbeing. Further more, thanks to thousands of those who, in a large extent under Swamiji's influence, opted for nonviolence and vegetarianism, saved millions of animals from death. Thousands of trees and shrubs have been continuously planted to balances the adverse consequences of deforestation and devastation of nature. These are just some of the effects of Vishwaguruji's acting (also) in Slovakia.

All of his activities contribute to a healthy and peaceful life of people around the world, so they themselves can contribute to their development. Therefore, also in this way, we would like to express our gratitude to His Holiness Vishwaguru Paramhans Swami Maheshwarananda for his immense help to humanity.

We wish every success to the Conference in Vienna and we wish to all people of the world to live in prosperity, friendship and peace.

From the members and supporters of Yoga in Daily Life in Slovakia

Allan Dudinsky
President of Slovak Union Yoga in Daily Life
On behalf of The Society Yoga in Daily Life



www.JogavDennomZivote.sk

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Jože Sraka

President Yoga Union Slovenia

ZVEZA JOGA DRUŠTEV SLOVENIJE



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Most respected Bharat Gaurav Vishwaguruji Maheshwaranada, founder of the Sri Swami Madhavananda World Peace Council, Excellences, Dignitaries and respected international delegates,

Slovenia, Slovenian Yoga Union and our Yoga in Daily Life Societies are proud to be active part of the Sri Swami Madhavananda World Peace Council since its beginnings. As host-country of World Peace Summit in 2006, and Interreligious World Peace prayer in 2009 in Ljubljana, nation's capital we are fully aware of the utmost importance of sharing the message about yoga, non-violence and world peace which are the main topics of this year's conference.

Just last year, at the occasion of International Day of Non-violence and anniversary of Sri Mahatma Gandhi's Birthday at World Peace Forum organized also by the Sri Swami Madhavananda World Peace Council in Vienna, one of the delegates of Slovenia advocated for animal rights and presented Vishwaguruji's activities regarding the project "Save the Birds". Only few months later, to mark International Day of Birds in May 2015, Bharat Gaurav Vishwaguruji Maheshwaranada has inaugurated a dedicated web portal to promote activities for bird's protection.

We believe the year 2015 is somehow special. After United Nation's proclamation of June 21 to become International Day of Yoga a three-member group from the Republic of Slovenia was invited personally to attend International Conference on Yoga in New Delhi, India, to celebrate the first International Day of Yoga. It was a great honor for our country and for the delegates, especially to be able to witness the remarkable messages by the Prime Minister Modiji and of course most respected Vishwaguruji Maheshwaranada, who's five decades of active work in Europe and around the World was recognized by invitation as a conference key-speaker. At the same time, representatives of Yoga in Daily Life Associations in Slovenia marked International Day of Yoga at 23 different location around the country, attracting more than 1.000 people to practice India's Common Yoga Protocol, with extensive media coverage.

October Conference in Vienna, organized in the United Nations premises due to highly respectful Special Consultative Status on ECOSOC – the Economic and Social Council of the United Nations – acknowledged to the Sri Swami Madhavananda World Peace Council in 2012, presents a natural continuation of the efforts of the Government of India to protect and promote ancient Indian wisdom and tradition.

Last, but not least, in September 2015 in Maribor, the second largest city in the Republic of Slovenia, we have opened yet another Yoga in Daily Life Ashram. It is a great success for a country with only two million citizens, but more than 30.000 regular practitioners of Yoga in Daily Life.

We would like to congratulate you as well as thank you, most respected Bharat Gaurav Vishwaguruji Maheshwaranada, for your continuous humanitarian endeavoring's and numerous project aimed to help humanity, nature and the environment. Please allow us to use this opportunity also to express our best wishes at your respectful personal jubilee. Thank you for giving us the opportunity to accompany you at your selfless and dedicated path to serve all living beings!



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Jože Sraka
President of the Slovenian Yoga Union

YIDL Ljubljana

Yoga in Daily Life Ljubljana, Slovenia



DRUŠTVO »JOGA V VSAKDANJEM ŽIVLJENJU« LJUBLJANA

YOGA IN DAILY LIFE FOR PEACE AND SUSTAINABLE DEVELOPMENT

Yoga in daily life is being practiced for more than 25 years in the Republic of Slovenia. There are nine regional yoga societies covering the entire Slovenia. There are yoga classes in all major cities and in many smaller towns and villages.

His Holiness Vishwaguru Mahamandaleswar Paramhans Sri Swami Maheshwaranandaji led seminars here and gave public lectures, some of them in the biggest hall in Cankarjev dom in Ljubljana. He planted peace trees in many towns. On His initiative, there were peace prayers in Ljubljana where the representatives of different religions came together. In 2006 the World Peace Conference was held in Ljubljana and attended by some highly respected guests from political, scientific and religious sphere from Slovenia and abroad.

We were happy to celebrate the International Day of Yoga on the 21st June for the first time. We participated in the programme organized by the Embassy of India in Slovenia. We also organized a programme in Yoga in Daily Life Society in Ljubljana, where we shortly presented yoga in general and especially the System Yoga in Daily Life through asanas, pranayamas, meditation, the recording of Vishwaguruji's lecture and the lecture on vegetarian diet and a programme for children.

We try to cover the needs of as wide a spectrum of people as possible through specialized yoga courses like yoga against back pain (several centres), yoga against stress, yoga for children, yoga for seniors, yoga as help in diabetes, and even individual classes for persons with special needs. We publish articles, give lectures in libraries, and present ourselves on TV and in electronic media. We also present yoga at fairs and on other occasions with demonstrations and/or guided yoga practice for participants (e.g. Vegafest in Ljubljana, The week of youth in Kranj... in 2015). There are free yoga classes in parks during summer and yoga teachers also give free yoga classes in retirement homes, daily care centres for seniors, and even in prison (society in Novo mesto).

Our loved and respected His Holiness Vishwaguru Mahamandaleswar Paramhans Sri Swami Maheshwaranandaji inspires us to work selflessly for the benefit of the members of our yoga societies and for the society as a whole. On His initiative we also founded Indian Slovene Friendship Society whose core members are His disciples. It collaborates with the Indian Embassy in Slovenia.

Yoga is an important part of our lives and we wish to present its benefits for each individual, for society, nature and our mother Earth. His Holiness Vishwaguru Mahamandaleswar Paramhans Sri Swami Maheshwaranandaji is our guide and inspiration on our path to better life for all.

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YIDL Scotland

Yoga in Daily Life Scotland

Yoga in Daily Life Scotland

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Harmony for Body, Mind and Soul

In honour of the International Day of Non-Violence 2 October 2015

Yoga in Daily Life activities in **Scotland** began in September 2007 with participation in the *Hindu Spirituality Conference*, co-organised by the **Sri Swami Madhavananda World Peace Council**, **YIDL-UK** and the *Edinburgh International Centre for Spirituality and Peace*. In the name of peace and cooperation between cultures, and peace within the hearts and minds of individuals, this event brought together esteemed special guest speakers to teach from the wisdom of the Hindu tradition, led by **His Holiness Vishwaguru Mahamandaleswar Paramhans Swami Maheshwarananda**.

Initiated by Vishwaguruji, the non-profit association **Yoga in Daily Life Scotland** was founded in January 2008, and registered as a Scottish charity.

Regular classes of **yoga exercises** and **meditation**, as well as **nada yoga**, have been offered in various locations around **Edinburgh**, including: **church halls**; **care homes** for the elderly and people with learning disabilities; support agency for **ethnic communities** (Chinese, Indian, Pakistani, Nepalese); **Tibetan community centre**; **primary school teachers**; **university staff**.

In 2009 the **Mahaprabhu Deep Ashram** opened in central **Edinburgh** to provide a range of services:

- As a haven of peace where people can *release tensions* and refresh their physical energy and mental outlook through practising **yoga**, **relaxation**, **breath exercises**, **meditation**.
- As a place for people to learn about the broader ways of finding and spreading peace through *lifestyle choices* such as: **vegetarian diet**, **growing organic** fruit, vegetables and herbs; **recycling and reutilising** old items; contributing to **animal rescue**; donating to international **disaster appeals**.

Regular classes are now also provided in **Glasgow** to further spread the wisdom, practices and principles of yoga and meditation to people in western Scotland.

In October 2015 a *new project* is being launched to provide a long term opportunity for bringing people together in several aspects of working towards peace and non-violence, especially the initiatives of **Sri Swami Madhavananda World Peace Council** – *Save the Birds and Plant the Trees*:

PROJECT: Shantiloka Peace Sanctuary at Tweedsmuir, in the Scottish Borders.

This 6 ha (14 acres) of land on the River Tweed is in an area of beautiful countryside, but it also conceals 'hidden violence' that has been accepted as 'tradition' for centuries. The surrounding landscape is over-grazed by sheep bred cruelly for meat production; life-less forests of single species pine tree are planted and clear-cut for timber production; the river is renowned for fishing; and wild deer are prey to hunters.

In order to bring back the balance to nature, provide a safe refuge for wildlife to return and flourish, and create a retreat where people can care for nature, each other and themselves, the project will involve:

- planting native trees and shrubs to create **new woodland**;
- seeding **meadows** with a diversity of native wildflowers to encourage **bees**;
- planting **fruit trees and vines** to provide food and habitat for **birds**;
- creating protective natural habitats along the river for otters and other **water creatures**;
- building small **huts** from natural materials for **enjoyment/care of nature** and for **meditation**.

The members of **Yoga in Daily Life Scotland** are ever grateful for the ongoing inspiration, guidance and teachings provided by **Vishwaguruji** and the great examples of his many activities, organisations, initiatives and projects for peace and non-violence around the world.

Thank you.

Yoga in Daily Life Scotland
Mahaprabhu Deep Ashram | 2 Montgomery Street Lane, Edinburgh EH7 5JT Scotland
A registered Scottish Charity No: SC041371, working in aid of individual, community and environmental health.

YIDL Novi Sad

Yoga in Daily Life Novi Sad



Harmony for Body, Mind and Soul

Centre YIDL Novi Sad, Serbia "Joga u svakodnevnom životu", Novi Sad, Srbija



Maheshwarananda, during his decade long existence always brings strong and inspirational messages to the people.

Following the work of Vishwaguru Paramhans Swami Maheshwarananda in the whole world, we can say with great pleasure, that his ideas and projects are in favor of universal peace, welfare of people and all beings on the planet, actualize steadily and equally in all cultures, national and religious communities. Every being wants peace. Everyone. Some see it as pacification, some as fullness, and some as a complete fulfillment. In any case, only with peace we are whole.

A man can write about peace, think, listen and talk about peace only if he



has a need for it. Peace is a synonym for yoga and reverse. One who has practiced yoga knows what we are talking about. Nobody and nothing can replace or falsely create that kind of peace after practicing Asanas, Pranayama and Meditation. That kind of peace is experienced and carried with the person where ever he goes to. With that, the one who practices yoga transfers that kind of peace to other people, animals and natural surroundings.

System „Yoga in Daily Life“ is complete, and like its branch, Center in Serbia, in Novi Sad, follows and uses the ideas, techniques and every activity.

We regularly hold very visited classes of asans, pranayama and meditation, but also various courses. Let us mention some of the activities: yoga on the theme of „Breath, prana and pranayama“, working together with the embassy of India, the yoga instructor J. Meenakshi, teaching yoga for the spine of our instructor Mirjana Begenešić. We have lectures and practical work in the vegetarian kitchen as a help to bring healthy, vegetarian style of eating. We have participated in the 4th congress of „Diet of the future“ in Novi Sad.

On the occasion of the International Day of Yoga, on June 21st, the benefits of yoga exercises were demonstrated for the general public. Within the Exit Festival 2015, we promoted the practice of yoga, especially to the young ones, as healthy living opportunities. And on our mountain Fruska Gora, we planted 108 tree seedlings.

The more people have peace, it is less unrest.

Peace is harmony, like our plains of Vojvodina. What to do to make the world experience the harmony? Start from ourselves. Right now, immediately, become peace. What's stopping us? We just have to decide. Peace is here. Nothing will disturb us.



The center "Yoga in Daily Life" in Novi Sad is trying to transfer to all, the universal message of peace and global tolerance. We are just at the beginning. All are welcome, because yoga is for the common good of the whole universe. You just need to apply it. Let's go!

YIDL, Novi Sad, Serbia, 25. September 2015.

YIDL Ukrain

Yoga in Daily Life Ukrain

Міська громадська організація
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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 13 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. 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 Ukraine

Vera Rojova

Yoga in Daily Life Prachatice



Harmony for Body, Mind and Soul

System Yoga in Daily Life – key to good health and happiness

By this article I would like to express my thankfulness to Vishwaguruji for giving System Yoga in Daily Life to the world and thus offering everyone the greatest gift possible - the key to good health and happiness.

Practising of Yoga in Daily Life helps people of any age to attain physical, mental, social and spiritual health. I have been teaching according to the System Yoga in Daily Life for the past twenty years and have seen with my own eyes the benefits of its practising on hundreds of people. Thanks to the regular and disciplined practise people were able to cure many diseases and improve general health condition as well as emotional well-being. Practising of Yoga in Daily Life harmonizes whole body on physical as well as mental level and helps to develop the ability to cope with stress, handle demanding situations and deal with various problems.

Nowadays, all these abilities are becoming more and more important for everyone regardless of age. I have the opportunity to observe the benefits of Yoga in Daily Life on hundreds of people I meet each week for practising. It's interesting to see how people who are coming for the classes to our yoga centre are often in hurry, stressed and occupied with their problems. However, after the practise, mostly everyone leaves relaxed with smile on the face.

I lead yoga classes also at school where around 250 children aged 6- 12 practise yoga on weekly basis. They have themselves many times commented they enjoy the practise very much and feel more relaxed, happy and can concentrate much better afterwards. Effects of Yoga in Daily Life on the children have been also acknowledged by the teachers and headmaster of the school where I have been teaching for 10 years.

The techniques of Yoga in Daily Life can help anyone who will take them seriously and practise regularly. They are like the code lock opening the gate of good health and happiness. If you put them into the practise and choose their right combination the gate will open and let you inside. Many people have already discovered it and are enjoying its benefits. I believe and hope that many others will follow and discover the secrets of Yoga in Daily Life. Thank you Vishwaguruji for giving us this secret. Happy birthday.

*Ing. Vera Rojova, SITA
Prachatice*



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)

Marta Yamuna Majic

Yoga in Daily Life Netherlands



Harmonie voor Lichaam, Geest en Ziel

In this world today there is a growing need to better ourselves and to meet the demands in our daily life. I found that practicing the System of Yoga in Daily Life, which I have been doing for the past 20 years under the guidance and protection of Vishwaguru Paramhans Swami Maheshwarananda, has helped me to overcome difficulties and challenges and make me a better person. It also has brought me inspiration and insights in the quality of life as a human on this earth.

I think that Yoga practice should be part of our daily personal hygiene! We wash ourselves, clean our house, cook, etc. Through the daily practice of Yoga Asanas, Pranayama, Meditation and prayer we clean, soothe, nourish our body, mind and soul. As a result we feel more positive, stronger and wiser, so that we can give, love, help, understand and forgive ourselves and others.

One of the principles of Yoga is Ahimsa. The realisation of the word Ahimsa – nonviolence – means that we become aware of the food we consume, of our thoughts, words and actions. It has an enormous impact on our environment, on people, animals and plants.

I wish that Ahimsa will conquer the hearts and minds of all.

The change begins within ourselves.

Marta Yamuna Majic, Yoga in Daily Life Netherlands

YIDL Mexico

Yoga in Daily Life Mexico



Harmony for Body, Mind and Soul

Querido Maestro:
Vishwaguru Mahamandaleswar Paramhans Sri Swami Maheshwarananda

Los miembros y alumnos de **Yoga en la Vida Cotidiana México**
le deseamos un **Feliz cumpleaños** en su **70 aniversario**
y le damos las gracias por traer a México
el conocimiento y fundamentos de Yoga en la Vida Cotidiana
porque nos hace ser mejores seres humanos en todos los aspectos
y le reiteramos que aquí tiene su casa para que nos visite cuando quiera.

Dear teacher:
Vishwaguru Mahamandaleswar Paramhans Sri Swami Maheshwarananda

Members and practitioners of **Yoga in Daily Life Mexico**
we wish you a **Happy Birthday** on **70th Anniversary**
and thank you for bringing to Mexico
the knowledge and fundamentals of Yoga in Daily Life
because it makes us better human beings in all aspects
and we reiterate here's your house to visit us anytime.

Mexico August 2015

photography background Peace Tree in Mexico

Gabriele Weber-Grasl
Yoga in Daily Life Eisenstadt, Austria

YIDL Salzburg
Yoga in Daily Life Salzburg, Austria



Yoga im täglichen Leben

Harmonie für Körper, Geist und Seele

Das System von Paramhans Swami Maheshwarananda

Yoga in Daily Life Eisenstadt
7000 Eisenstadt, Burgenland
Austria

Yoga in Daily Life as a Daily Life-Nectar

As a disciple and teacher of Yoga in Daily Life I first of all would like to express my gratefulness to our master Sri Vishwaguru Swami Maheshwarananda who has given me and many others the opportunity to contribute spreading a system of physical, mental, social and spiritual exercises which serves humankind on all levels of being. I would like to take some glimpses into daily life to express the benefits of Yoga, especially of Yoga in Daily Life.

What, if we are very honest to ourselves, makes us feel better in the morning: getting up as late as possible and drinking a cup of black aromatic liquid to get ourselves going and then rush on..., or getting up as early as possible in order to breathe in clear awareness the emerging energy of the rising sun while doing Yoga asanas, Pranayama and meditation?

What, if we are very honest to ourselves, makes us feel better during the day: rushing on and fulfilling our duties in strict and joyless self-centeredness in order to earn the money we need or even more..., or to be grateful every day to fulfill one's tasks and duties in the awareness of helping ourselves and others to lead a material life that is comfortable, healthy and caring?

What, if we are very honest to ourselves, makes us feel better at the end of the day: escaping to the sofa and watching TV while eating some snacks in order not to think about the tiring day left behind, or lighting a little light at our meditation place in order to thank for the day and pray for ourselves and all other beings to have a peaceful night, to have a peaceful life?

Yoga teaches us to live human life in its most healthy, most conscious and most blissful qualities. Yoga can be seen as a nectar that we can drink daily and in all life spans and situations. It will give us the physical, mental, social and spiritual strength to face life with all its challenges. It will not spare us from any difficulties, but it will help us to encounter them with more courage and a greater capacity to turn them into life's teachings and not punishments, without ending up in despair.

Yoga helps us to think global in the sense of carefulness. Caring for oneself, other human beings, other living creatures and nature, means creating peace. Integrating the utmost Yoga principle of "Ahimsa", non-violence, into our daily lives is a fundamental human need. It will help us help, it will help us making peace with our own troubled souls and it will help us understand other troubled souls rather than encounter them with fear.

Yoga helps us overcome self-made borders: religious, cultural, political and social limits that are probably well-meant but actually keep us from the freedom of tolerance, the acceptance of otherness and the willingness to share basic human rights on a global level.

Many thanks to our master Sri Vishwaguru Paramhans Swami Maheshwarananda Ji and to all who are working tirelessly for global peace in a loving and wholesome way.

Gabriele Weber-Grasl
Yoga in Daily Life Eisenstadt



Yoga im täglichen Leben

Gesellschaft Salzburg

Yogacentre Salzburg/Austria

On the occasion of the Peace Conference at the UN Vienna International Centre on October 2nd 2015 we would like to express our deep gratitude to our beloved Vishwaguru Paramhans Sri Swami Maheshwarananda for bringing the divine message of Bhagwan Sri Deep Narayan Mahaprabhuji and the wisdom of Yoga to Salzburg. It was in 1974 when Swamiji visited Salzburg for the first time. Since then his disciples try to spread his teachings all over the country. Swamiji's aim always has been to unite people, to understand, to give and to bring light and peace to all humanity.

Right now his message is more topical than ever. Daily hundreds of refugees from Syria and other countries are reaching Europe longing for peace and shelter. Our thoughts will also be with them, when we are going to celebrate the International Day of Peace on September 21st this year.

Inspired by Swamiji's example and by the message of universal love, peace and tolerance the Bhaktas in Salzburg every year celebrate the Peace Day with a colourful ceremony in the beautiful park around the castle of Hellbrunn. There Swamiji has planted one of his peace trees in 2007. Two years before the Salzburg Network for Peace has been founded to spread the message of the International Peace Day. Year by year this local network organizes this traditional event in Hellbrunn. Part is a solemn ceremony around the peace tree. A recurring highlight is the offering of the symbols of all world religions. Children carry the symbols and light a candle for each religion. Afterwards the visitors form a mandala with the flags of all countries worldwide and wish them peace. In 2014 more than 220 guests took part in the ceremony.

To support Swamiji's efforts for reforestation in 2012 the disciples in Salzburg planted 300 rare fruit trees such as wild apple or wild cherry. They were supported by experts from the "Bundesforste", the Austrian Federal Forests, which owns big parts of the wood in Austria. The trees are located on a popular hill in the city of Salzburg, where many citizens enjoy a walk. In former times those trees were widely spread, today they are hard to find. The trees are an important natural habitat for birds, insects, bees and butterflies and are a contribution to sustainability in Salzburg.

The YIDL teachers in Salzburg offer a large variety of yoga classes in order to spread the system of Yoga in Daily Life and to support people to achieve better physical, mental, social and spiritual health and to improve quality of their life. A few years ago the ashram in Salzburg started to offer free yoga classes in the popular park of Hellbrunn during summertime. Every Friday up to 60 people take part. The lessons in the park have become a fix component in Hellbrunn.

They YIDL teachers also encourage their disciples to step on to the path of spiritual awakening, and to undertake the lifelong process of attaining the highest knowledge, self-realization, the final goal of human life.

May Swamiji's work he started here in Vienna in 1972 bring light, peace and bliss to the whole world.

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YIDL Melbourne

Yoga in Daily Life Melbourne, Australia



Yoga in Daily Life Melbourne Australia www.melbourne.yogaindailylife.org.au

"True joy can be found in the service of all creatures and in this is the wisdom and meaning of life." - Sri Deep Narayan Mahaprabhuji

Yoga in Daily Life Melbourne (Australia) is a not for profit community organisation. Inspired by the life and teachings of Vishwaguruji Paramhans Swami Maheshwarananda we offer Yoga in Daily Life based programs to improve the wellbeing of people and groups in our local community who would normally have difficulty in their ability to access yoga. We found in the Yoga in Daily Life System, particularly level 1, a therapeutic effect that benefited people with challenging needs.

Here is a summary of some programs that have been offered:

The Brotherhood of St Laurence www.bsl.org.au

For 12 months in 2005 Yoga in Daily Life ran a program at the Brotherhood of St Laurence premises in Fitzroy to homeless people. A weekly 40 minute gentle level 1 Yoga in Daily Life class. With up to 10 people, generally in the + 50 age group, participating each week, the benefits for these people who have nothing on a material level, and very little in terms of support, these weekly classes were a highly anticipated joyful part of their week.

The benefits include (but not limited to):

- a positive connection with other humans - inclusion and socialisation in a safe and familiar environment
- creating ease in the body that was experiencing a rough life and was growing older
- giving relaxation from the anxiety of an insecure and sometimes unsafe life

Mind Australia www.mindaustalia.org.au

For 6 months in 2008, we ran a weekly Yoga in Daily Life class for up to 10 people with mental health issues receiving support from Mind Australia. Part of the program to help them integrate positively into society was that they traveled by public transport to the Yoga in Daily Life centre and participated in a 60 minute class.

Level 1 of the Yoga in Daily Life system was gently introduced, practicing less repetitions and with regular short rests between movements. The sessions started with a short guided relaxation and full yogic breathing and finished with a longer relaxation. At this point in their journey meditation was not a suitable practice.

There were noticeable benefits with participants experiencing a range of changes including:

1. Relaxation! This was a very challenging practice for the participants, but one they regularly commented that they appreciated. Inside their head was a lot of tension and anxiety and the relaxation gave relief which is huge by itself.
2. Confidence. The group was mainly young people in their 20's. It is already an awkward age were many people are still finding themselves, made more challenging when you have to deal with mental health problems and the stigma attached to that.

The Alfred Hospital www.alfred.org.au

For 5 years! 2009 - 2014 a Yoga in Daily Life program was integrated in to the volunteer program offered to patients in the Psychiatric Ward at the Alfred Hospital. Varying from 1 to up to 8 people, this weekly very gentle level 1 and relaxation class was attended by different people in the lounge area of the ground floor ward each week.

With varying types and intensities of mental health conditions Level 1 of the Yoga in Daily Life system offered these people:

- the techniques to get out of their head and into their body, grounding, returning to the present moment
- relaxation from the stress of their illness and the stress of being in hospital
- a positive activity that made them feel physically better and at ease in their body

The person that ran the music therapy program in this ward commented that there was a noticeable change of calm enveloping the whole ward during and for some time after each yoga session. Even those people who did not participate in the class session were also benefiting.

Streat www.streat.com.au

Streat offers disadvantaged youth aged 16 to 25 a supported pathway from the street (homeless or from dysfunctional families) to a sustainable livelihood. We started in August 2015 and to date we have given 2 classes with more planned.

Throughout the session insight was offered on asanas for calming the mind, to quieten and focus the mind, calming energy, boosting energy, improved posture, positive, open mental outlook. As we continue we will offer more guidance on relaxation, the mind and managing thoughts and emotions.

Community Class and Free Yoga www.melbourne.yogaindailylife.org.au

Since 2001 a regular weekly Community Class has been part of our regular class program. The Community Class is a Level 1 Yoga in Daily Life class offered at a very low price that attracts particularly senior citizens and people with low or no income.

Free Yoga classes are offered throughout the year such as on the International Day of Yoga (21.6), Free Yoga in the Park on Australia Day (26.1), Free Yoga on the International Day of Peace (21.9).

Summary

As well as the above mentioned activities Yoga in Daily Life Melbourne has a dedicated centre in Richmond offering classes, courses and workshops. Plus weekly classes in Doncaster, Ivanhoe and Pascoe Vale. The journey continues for all of us in our own practice on all levels and we are grateful for the opportunity to 'give back' a little of what has been given to us.

Vajda Katalin & Anikó

Artists

Pranam Vishwaguruji,
Respected Board Members of the Sri Swami Madhavananda World Peace Council,

It is a great honour to be able to contribute to the Souvenir booklet published on the occasion of the conference titled "Yoga - A Path to Non-Violence and World Peace", organised at the United Nations, Vienna, October 2, 2015. Before we introduce ourselves shortly we should like to take the opportunity to thank Vishwaguruji and wish Him and the organisers a very successful, joyful and fruitful event.

We are both disciples of Vishwaguruji for well over twenty years and pursue careers in the theatre, film and television industry. The first Hungarian sit com titled "Family Ltd." was written by us, a TV series that ran for more than eight years with some three million viewers per episode. We have further written approximately ten stage adaptations of different films including Luigi Magni's and Bernardino Zapponi's "State buoni se potete/Behave Yourselves if you can" as well as two interview books, a novel and numerous articles in professional papers. We have further created eight theatre plays of our own, the most renowned of which is "The Lovers from Ancona" that has been uninterruptedly played by diverse Hungarian theatres and abroad from 1997 on.

Being a disciple of Vishwaguruji and the regular practice of His System - Yoga in Daily Life has profoundly changed our lives as well as our attitudes towards the theatre and writing in general. We have adopted a new way of life, an entirely new outlook on the world with a new circle of friends and society. Vishwaguruji became our "Prana Adhara", the source of our life force also in the sense of our artistic inspiration and expression.

William Shakespeare's "As You Like It" includes a monologue that starts with the phrase

"All the world's a stage,

And all the men and women merely players;
They have their exits and their entrances,
And one man in his time plays many parts,
His acts being seven ages."

We understand this as a call for playing our parts well and honestly instead of taking ourselves too seriously. With this, we wish to express our gratitude to Vishwaguruji and congratulate Him on the landmark event of the Sri Swami Madhavananda World Peace Council that coincides with Mahatma Gandhiji's birthday, the UN's International Day of Non-Violence.

Devotionally,

Vajda Katalin
Lila Devi

Vajda Anikó
Jyoti

Gábor Elek

Coach of "Green Eagles" FTC Sports Club

Karinthy Márton

Theatre Director, Budapest



FTC KÉZILABDA SZAKOSZTÁLY

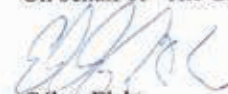
Respected Members of the Organising Committee,

Thank you for informing us about the conference "Yoga – Path to Non-Violence and World Peace" organised at UN Vienna on 2nd October, 2015 and inviting us to share our thoughts in the "Souvenir" booklet of this prestigious event.

Ferencvárosi Torna Club (FTC) is a professional Hungarian sports club that was founded in 1899 in Budapest's ninth district, Ferencváros. As the head coach of FTC's Women's Handball Team I am exceedingly proud of my club, which is one of the most successful teams of the country, having won eleven Hungarian championship and numerous Hungarian cup titles. We also enjoy a good reputation in continental competitions: we lifted the European Handball Federation's (EHF) Winner's Cup trophy in 1978, 2011 and 2012 and we were also crowned as EHF Cup winners in 2006. This year (2015) we have been utterly delighted to be the Hungarian champions.

Throughout our preparations we have been applying the techniques of Yoga in Daily Life – the System that we highly appreciate and acknowledge. Again, please accept our best regards to all Yoga practitioners and our further good wishes for a successful conference!

On behalf of "The Green Eagles",



Gábor Elek

Head coach

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KARINTHY SZÍNHÁZ
Buda népszerű színháza

Message to the Participants of the Conference titled

Yoga - A Path to Non-Violence and World Peace

**2nd October, 2015
UN Vienna**

It is a privilege to address the audience of the conference under the title "Yoga – A Path to Non-Violence and World Peace" organised by the Sri Swami Madhavananda World Peace Council on the International Day of Non-Violence. Before sharing my thoughts on world peace please allow me to congratulate to the organisers of the event and please let me further touch upon a few details on Karinthy Theatre I am directing as well as my family background that inspired me to establish one of the most popular theatres of Budapest.

My grandfather, Frigyes Karinthy is one of the most recognised Hungarian writers, whose books are compulsory material in the educational system of our country. His novels are not merely known by basically all Hungarians but also widely appreciated owing to his unparalleled sense of humour. He was also an outstanding translator. My compatriots became familiar with the publications of Jonathan Swift, A.A. Milne and H.G. Wells through the renditions of my grandfather.

My father Ferenc Karinthy was also a novelist, journalist and editor and we are the only family of three consecutive writers whose books are catalogued by the Nobel Library, the distinguished institution that assists the Swedish Academy in the evaluations required for the Nobel Prize in Literature.

The notions of tolerance, minority protection and non-violence are primary ideas our theatre aims to convey. William Mastrosimone's contemporary drama on school violence has been recently staged by our artists with a remarkably positive welcome of both the audience and the critiques.

On world peace...

The muses are silent in war.

In peace theatres are prosperous, though.

Theatre plays channel human aggression.

Afterwards all desire tranquillity.

What comes next?

The more theatres, the more spectators, a straight way to world peace.



Karinthy Márton
Theatre Director

1115 Budapest, Bartók Béla út 130. tel: 06-1/203-8994
www.karinthszinhaz.hu

Allena Stellnerova
Yoga in Daily Life student

System Yoga in Daily Life supporting woman's health

Practising Yoga in Daily Life offers a very positive support for women in all aspects and changes of their lives.

With regular exercise, women can alleviate or avoid the menstruation related disorders (painful, missing or irregular menses), they are helped against back pain, the pelvis position is corrected and pelvic floor muscles are strengthened.

Guided by an experienced Yoga in Daily Life teacher, pregnant women can practise until the childbirth – we emphasize relaxation, breath exercises and slow and gentle exercises – asanas carefully selected and adjusted according to the stage of pregnancy.

Women who practised yoga during their pregnancy report having easier labour thanks to the acquired ability to relax.

After the childbirth, we can recommend certain asanas to support the overall body regeneration, especially combined with suitable breath and concentration techniques.

Yoga in Daily Life can accompany a woman in all stages of her life. Regularly practising women often go through their menopause without major difficulties.

Yoga in Daily Life helps the women to understand and to accommodate to their particular needs.

In my own experience, Yoga in Daily Life, thanks to its positive effects on body, mind and soul, presents a great help to all of us and to women especially.

Alena Stellnerová

Oldřich Frýbort
Yoga in Daily Life CZ Teachers Committee



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 Frýbort, 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

YIDL Kranj

Yoga for Seniors, Yoga in Daily Life Kranj, Slovenia



Harmonija telesa, uma in duše

YOGA FOR SENIORS IN REPUBLIC OF SLOVENIA

In Slovenia, Yoga in daily life teachers from different regional yoga societies lead as volunteers for conducting yoga classes for seniors in retirement homes or daily care centres. In some Yoga in daily life societies there are also special classes for seniors.

Yoga for seniors can be divided into three categories. The first is yoga for retired healthy persons, who prefer to have yoga classes in the morning. All they need is maybe a little slower practice of asanas from the first, the second or the third level with more relaxation and pranayamas. Asanas against back pain and for joints are also very useful. The second category are persons with health problems mainly with back pain, joint ailments, high blood pressure or heart diseases who need yoga programs adapted to the problems in the group. Many of them join programs against back pain and for healthy joints that are practiced in yoga centres. They are mainly led by yoga teachers who have some medical background (like medical doctors, physiotherapists). The third category comprises of persons in retirement homes and daily care centres who cannot take care of themselves any more. Many are in wheelchairs or need some other devices for safe walking. For them only asanas in sitting position are recommended. Their yoga classes last 45 to 60 minutes. Fortunately in the System yoga in daily life there are numerous asanas suitable for them too. With their careful choice according to the abilities and limitations of yoga practitioners they too can benefit from yoga practice.

In leading yoga classes for elderly persons we take into account that many of them have hearing and seeing problems. So it is very important that we speak slowly, quite plainly and loudly enough. The instructions must be very clear, because some persons don't see well enough and sometimes it is necessary to help them perform an asana correctly. We try to encourage them and give them the feeling that they are not less valuable because they cannot perform the same asanas as younger people. They are still important and valuable and can contribute to our society through their wisdom, life experiences, positive thinking and good wishes and prayers. We also appreciate the opportunity for karma yoga and our personal and spiritual development.

On His Holiness Wishwaguru Mahamandaleswar Paramhans Sri Swami Maheshwaranandaji's initiative we recently organized His satsang through Skype in Kranj for elderly and ill disciples who cannot come to yoga seminars any more. They were very happy to see Him and speak with Him. He stressed His love and good wishes for them and recommended them to meditate and pray. It was an uplifting experience for everyone who was present and we hope to have some more of such satsangs soon.



Harmonija telesa, uma in duše

YIDL Kranj has got approximately 130 practitioners and keeps about 15 yoga classes per week. For many years now we are having also yoga for seniors in our local nursing home and it has been visited happily by many satisfied seniors.

Besides our yoga classes we try to contribute to the community living as much as we can.

After the natural disaster in winter 2014, when half of the Slovenian forests were damaged by sleet, we cooperated with The Institution for Forests of Slovenia with reforestation actions.

A year earlier we successfully collaborated with our City Council of Kranj and managed to transform a neglected plot of land in a beautiful park, Peace Park. It brings nice satvic atmosphere for the schools and boarding schools nearby.

Throughout all the year we are organizing different lectures and workshops in our centre. We connect them with different occasions and holidays and make them open for the non members as well.

In this sense we organized lectures on specific yoga topics, like 'how to manage stress with yoga', 'the importance of prana and breathing', 'spine support with yoga' and weekend ayurveda workshop. Vegetarian cooking workshop is planned as soon as we will finish our kitchen.

In this way we are practising our System Yoga in Daily Life and also promoting the holistic way of yogic living which brings a lot of benefit and wellbeing for everyone who tries it.

We are thankful to our Gurudev for his inspiration, knowledge and motivation which we try to pass on with our ashram activities.

Sincerely Yours, YIDL Kranj

Harmonija telesa, uma in duše

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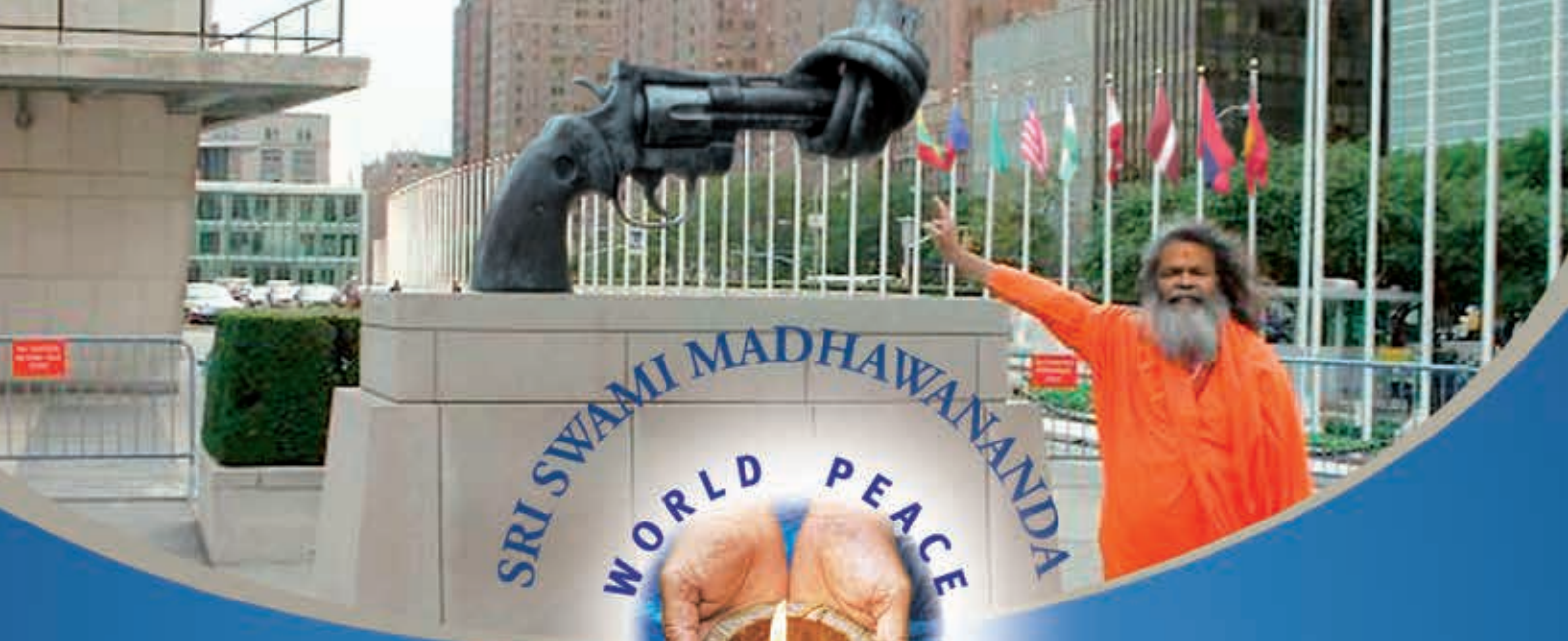
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