



21st March, 2013



Ahymsein Family – “Sahaj Sewa”

A New Chapter Begins with 5 Years of SVB Silence

Mission & Vision of the Future

AHYMSIN

“Dedicated to making available and teaching the Himalayan Yoga Tradition as taught by Swami Rama of the Himalayas”



What will Swamiji do?

SVB will record (write) his knowledge of the Vedas, the Upanishads and meditation including Yoga Sutras, Bhagawad-gita and other texts, thousands of concentrations and paths of meditation, 3 levels of interpretations of *adhyatmika*, *adhidaivika*, and *adhi-bhaudhika* of all the twenty thousand mantras of the Vedas. He will also do his personal sadhana.

Swamiji will also take care of....

1. Emails

Where Swamis and initiators are not able to answer questions about people's personal meditation practice, Swamiji will respond and send an email. Rest of the mails to Swamiji will be managed by Tadit Patra team and responded by respective units of the Sangha

2. Initiations

Special cases. Those initiations that are done without mantra and without speaking.

3. Verbal communication

Children up to the age of seven or eight, selectively.

4. Travel

From second year onwards. Not in the first year of silence. During SVB travel *Satsang* will be only in the form of silence.



What should we practice?

Swami Veda has requested everyone to use *Sadhana in Applied Spirituality* as a basis for spiritual practice in the next five years and continuing years afterwards.

As he says “Please still study, contemplate and absorb the messages sent herewith, as your personal sadhana for the next five years – or life-long.”

How do we support SVB silence and – life long?

We collectively continue to support SVB by following his guidance in the areas of spiritual practice, education, publication, affiliate centers, communications, research lab etc., to ensure continuity of our mission and financial sustainability.



Spiritual Committee (Adhyatma Samiti)

S. No.	Activities	What it means !!	Who will do it !!
1	<p>Increase awareness of all the spiritually-directed activities of the sangha, and Applied Sadhana that is being practiced. <i>Sharing a collective vision of how we may serve in the future. (per SVB)</i></p>	<p>1. For the sangha to know who their spiritual resources are, and for our family to know and be inspired by what and what is being done in service of the teachings (per SVB).</p> <ul style="list-style-type: none"> - <i>Plan and Advise on a 5 year special conference-seminar plan.</i> - <i>Serving as teachers & guides for implementing Sadhana in Applied Spirituality at local centers, in regions and at SRSG; traveling as necessary.</i> - <i>Contribute to monthly AHYMSIN Newsletter through:</i> <ul style="list-style-type: none"> ▪ <i>Column for answering questions on sadhana & practices.</i> ▪ <i>Articles of interest or expertise</i> - <i>Initiate, and maintain contact with initiates.</i> - <i>Assist in developing educational modules for SRSG programming.</i> - <i>Mentor and develop future teachers and guides.</i> - <i>Providing a Adhyatma Samiti representative on Executive committee-Carolyn Hume with Linda Billau assisting</i> 	<p>Collective body of Spiritual Committee members by consensus.</p> <p style="text-align: right;">Cont/d...</p>

Guidance from Swami Veda Bharati



S. No.	Activities	What it means !!	Who will do it !!
2	Education	Teaching the Himalayan Yoga Tradition and creating related teaching materials / assets	Stoma Parker
2a	<i>Teachers Training Program (TTP)</i>	<i>An intensive teachers training program producing spiritual guides in the Himalaya Yoga Tradition offering 200 & 500 hours certificates from the US Yoga Alliance and/or similar organization(s) Visit: www.himalanyogatradiation.com/</i>	<i>Chuck Link Carolyn Hodges</i>
2b	<i>Swami Rama Dhyana Gurukulam</i>	<i>Conduct Long term residential and intensive study program in the Yoga Meditation Tradition of the Himalayan Masters as taught by Swami Rama</i>	<i>Swami Ma Radha Bharati Pdt. Chandramani Sharma David Rodrigo</i>
2c	<i>Resident Teachers</i>	<i>Teach the guests staying in SRSG</i>	<i>Swami Ma Radha Bharati David Rodrigo Ram Prakash</i>
2d	<i>Traveling Teachers</i>	<i>Traveling team of teachers experienced in the Himalayan methods present programs world wide and support AHYMSIN affiliate centers and TTPs</i> <ul style="list-style-type: none"> ▪ <i>Build Next generation of traveling teachers</i> ▪ <i>Current team of traveling teachers to mentor and help spring up the next generation</i> 	<i>Stoma Parker Ashutosh Sharma</i>
2e	<i>Teaching through the internet</i>	<ul style="list-style-type: none"> ▪ SVB Website - http://www.swamiveda.org ▪ AhymSin Website - http://www.ahymsin.org ▪ SVB Blog - http://www.swamivedablog.org ▪ SVB Twitter - Daily tweets by Swamiji https://twitter.com/pw_rst/e/242280696/SmPEoyD38Rjhv341yyEIUrDcPO8%3D-1351576829-user/0 ▪ AHYMSIN Face book – Regular updates and knowledge sharing http://www.facebook.com/groups/ahymsin/permalink/10151553195958060/ 	<i>Dan Prideaux Carolyn Hume Sadhana Mishra</i>

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S. No.	Activities	What it means !!	Who will do it !!
3	Financial sustainability	<p>Encourage people to come to the ashram at SRSG to:</p> <ul style="list-style-type: none"> ▪ Receive the teaching ▪ Enjoy the benefit from the teacher's silence ▪ Strengthen individual sadhana ▪ Events Calendar till 2018 	<p>Entire Sangha supported by DMT and AHYMSIN at SRSG Visit: http://srsг.ahymsin.org/ Write to: sadhakagrama@gmail.com</p>
4	Publication	<p>Make available the teachings of the Himalayan Yoga Tradition</p> <ul style="list-style-type: none"> ▪ SVB's current and earlier writings and editing ▪ Transcribe, edit and Publish old transcript ▪ 5000+ hrs of audio transcription and edited ▪ Sequencing and translation of methods of meditation ▪ Translations in different languages – 18 basic meditations completed so far but not yet recorded. Several hundred guided meditation paths to be recorded in different languages. ▪ Back up of archives 	<p>Wesley Van Linda - Meditation Center in Minneapolis Bhola Shankar Dabral Jai Prakash Bahuguna & Deepti Raturi - Ahymsin Publishers at SRSG Visit: Ahymsin.in Write to: ahymsinpublishers@gmail.com</p>

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S. No.	Activities	What it means !!	Who will do it !!
5	Communications	<p>Share information, Create awareness and strengthen relationship within the Sangha members, affiliate centers</p> <ul style="list-style-type: none"> ▪ Monthly newsletter ▪ Create awareness before the event / activity for larger participation ▪ Share the post event communication ▪ Address general queries of the seekers 	<p>Carolyn Hume Rajini Prakash Tinyu Chen</p> <p>Visit: http://www.ahymsin.org Write to: ahymsin@gmail.com</p>
6	Affiliate Centers	<ol style="list-style-type: none"> 1. Encourage two things more than you have been doing 2. Create study groups 3. More frequent silence retreats in each country 4. Hold retreats without Swami Veda 5. Pass the word to more people about full moon meditation, publications and recordings 6. Respond to the mails 	<p>All Affiliate Centers For details specific to a country write to: ahymsin@gmail.com</p>
7	Lab	<p>Execute 7 projects in next 5 years</p> <ol style="list-style-type: none"> 1. 9 days Silence from 11th to 19th March 2. Cultivating meditative voice 3. SVB test every 3 months for the next 5 years 4. Routine 10 days silence during the year 5. Bibliographic research 6. Comparison between different meditative traditions 	<ul style="list-style-type: none"> ▪ Dr Prabhu ▪ Pravin Kumar ▪ Dr. Prakash Dixit <p>Write to: mrilabsrsg@gmail.com</p>

Guidance from Swami Veda Bharati



S. No.	Activities	What it means !!	Who will do it !!
8	Small Effective Committee	Provide guidance and decisions on administration, education and meditation practices	<ul style="list-style-type: none">▪ AHYMSIN BoD and Executive Committee▪ SRSG (leaders and management)▪ International traveling teachers

Who is Small Effective Committee?

1. Tan Sri Datuk Dr. Mohan Swami (AHYMSIN President)/ Dave Hume/ Shi Hong (Sr. Vice President)
2. Swami Prashant / Swami Ritavan (Swami community and Ashram Head while Swami Veda is in Silence) – ex officio
3. Stoma Parker (Spiritual Committee member, initiator and travelling teacher)
4. Bhola Shankar Dabral (DMT Secretary and AHYMSIN BoD member)
 - In the information and consultation loop - Dr. Prakash Dixit (Associate Director SRSG) / Krishna Upreti (General Manager SRSG)
5. Anadi Pande (DMT Trustee)
6. Sadhana Mishra (General Secretary AHYMSIN)

“Sahaj Sewa” Family Structure



2013 AHYMSIN Key Initiatives as decided by the groups

To volunteer for key initiative of your choice, please write to ahymsin@gmail.com or secretaryahymsin@gmail.com

S.No.	Group	Key Initiative	Team	Team Owner	BoD Member alignment	Overall Sangha Contact	
1	Education	1.1	Build pipeline of Travelling Teachers	Carolyn Hodges, Stephen Hodges, Carolyn Hume	Stoma Parker	Chuck Link	Travelling Teachers: Teachers Training Program Program: Gurukulam and Resident Teachers: Ma Radha Bharti Future Leaders: Vikash Ram Janam
		1.2	Re organize Gurukulam	Kai Stenlund, John, Daniella, Austin, David Rodrigo	Tom Zavrel		
		1.3	Future Leaders Group - Help the children blossom	Surya Pierce, Nick, Anna, Nalini, Kai Stenlung, Mariella Silva, Pooja Kapoor, Nivedita Misra	Lela Pierce		
2	Publication	2.1	Preserving and dessiminating existing materials by (1) Ahynsin Publishers (2) Outside publishers in India, China and Europe etc.	Caroline Thomazeau, Jim Whitteing, Nancy, Dwarat, Manisha Singh, Michelle Kinsey	Michael Smith	Bhola Shankar Dabral	Wesley Van Linda AND Bola Shankar Dabral
		2.2	Translating Key initiative 1 (as above)		Jai Prakash		
3	Affiliate Centers	3.1	Asian Freedom Group	Helen Choe, Fuku Saan, Shih Hung, Thaniya Kevalee, Sumet, Yoong	Tinyu Chen	Veena Maitra	Information on Affiliate Centers: Carolyn Hume
		3.2	Project "Sutra"	Rajini Prakash, Francine Kuo, Giancarlo Colombo, Mariateresa Miraglia, Gita Morar, Linda Bay, Amy Gage, Linda Billau, Lucia Vigiani, Jayashree Blench, Tejas Chandaria, Dr. Sheelendra Rai Vidyaarathi, Shyam Sunder Khetrapal	Rasa Umbrasiewe		
		3.3	Strengthen relationship within units at SRSG	To be communicated	Krishna Upreti		
4	Communications	4.1	Events Calendar till 2018	Linda Billau, Bhola Shankar Dabral	Carolyn Hume	Pierre Lefebvre	Overall: Carolyn Hume Website: Stephen Hodges
		4.2	Website integration	Siliva Baratta, Indira, Patrick Weseman, Dave Hume, Deepak, Anna, Masha, Jean, Alair	Shruti Pushkarna		
5	Fianacial Sustainability	5.1	Family approach to fund raising	To be decided	Denise Martin Harker	Shih Hung	International members: Idriss Raoua Ouedraogo Indian seekers: Dr. Shirin Venkat
		5.2	Increase Indian presence in SRSG and spread teachings in India	Ullas Nambiar, Ma Triya, Kiran Matta, Anupama Goswami, Raghvendra Adiga, Sidharth Tiwari, Jayanti Tiwari, Anil Kumar Singla, Ashok Goswami, Kannan Iyer, Sunil Trikha	Dr. Shirin Venkat		

AHYMSIN Board of Directors



S.No	Name	Position
1	Dr. Mohan Swami	President
2	Shih Hung (Shi Hong)	Sr. Vice President
3	Sadhana Mishra	General Secretary
4	Bhola Shankar Dabral	Executive Committee + General Secretary DMT
5	Chuck Linke	Executive Committee
6	Pierre Lefebvre	Executive Committee
7	Veena Maitra	Executive Committee
8	Vikash Ram Janam	Executive Committee

* Dr. Mohan and Shih Hung will take one seat

AHYMSIN Office Bearers



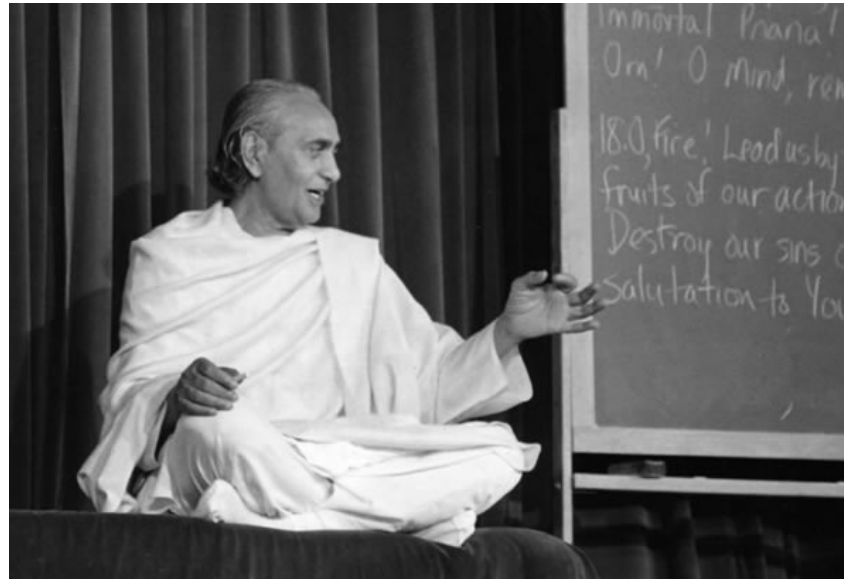
S.No.	Name	Position
1	Swami Veda Bharati	Spiritual Guide
2	Tan Sri Datuk Dr. Mohan Swami	President
3	Shih Hung	Senior Vice President
4	Stephen Parker (Stoma)	Vice President
5	Idriss Raoua Ouedraogo	Vice President
6	Sadhana Mishra	General Secretary
7	Rajini Prakash	Secretary
8	Tinyu Chen	Secretary
9	Narindar Pushkarna	Treasurer

AHYMSIN Executive Committee



S. No	Name	Position
1	Bhola Shankar Dabral	Executive Committee
2	Brian Stenquist	Executive Committee
3	Chuck Linke	Executive Committee
4	Jeniffer Ang Wee Har	Executive Committee
5	Pandit Tejomaya (Tim Bruns)	Executive Committee
6	Mariella Silva	Executive Committee
7	Pierre Lefebvre	Executive Committee
8	Tacson Fernandez	Executive Committee
9	Veena Maitra	Executive Committee
10	Dr. Shirin Venkat	Executive Committee
11	Lela Pierce	Executive Committee
12	Carolyn Hume	Executive Committee
13	SMSG (to be communicated)	Executive Committee
14	Mr. Har Prasad Manchanda	Executive Committee
15	Vikash Ram Janam	Executive Committee

Our inspiration and Our Guiding factor.....



"It is possible to live perfectly on earth if one is able to work and love - to work for what one loves and to love what one is working at"

- Swami Rama of the Himalayas