

**ASSOCIATION OF HIMALAYAN YOGA MEDITATION
SOCIETIES (INTERNATIONAL)**

THE MEMORANDUM OF ASSOCIATION AND BY-LAWS

also known as

THE CONSTITUTION

ASSOCIATION OF HIMALAYAN YOGA MEDITATION SOCIETIES (INTERNATIONAL)

Name : The name of this organization shall be the Association of Himalayan Yoga Meditation Societies International, hereinafter referred to as AHYMSIN. AHYMSIN shall be a non-profit organization constituted of like-minded persons and societies, with the aim and purpose indicated in SECTION ONE.

SECTION ONE CORPORATE OBJECTIVES

1.01 The purpose of the organization shall be to teach and make available, by all legally permissible means, the knowledge of yoga meditation within the Tradition of Himalayan Masters, as interpreted by Swami Rama of the Himalayas.

1.02 The activities of the organization shall include:

- (a) teaching the science of yoga as defined in 1.01;
- (b) carrying out research and publication in the field of yoga and related branches of knowledge;
- (c) performing acts of charity for the benefit of humanity;
- (d) undertaking all legal acts, including acquisition of moveable and immovable properties and other assets, their management and disposal, as conducive to the fulfilment of the above aims and purposes.

SECTION TWO FIELD OF OPERATION

2.01 AHYMSIN's field of operation shall be the entire world.

2.02 Swami Rama's Ashram of the Sadhana Mandir Trust at Virbhadrā Road, Rishikesh (Uttarakhand State), India, shall be the spiritual seat of AHYMSIN for all inspiration and it shall be the moral and spiritual duty of the entire AHYMSIN to help the Spiritual Guide and the Sadhana Mandir Trust Committee to maintain the said Ashram's active continuity.

2.03 Swami Rama Sadhaka Grama (village of spiritual aspirants), of the Dhyana Mandiram Trust of Delhi, located at Virbhadrā Road, Rishikesh (Uttarakhand), India, shall be the world headquarters and offices of AHYMSIN.

2.04 AHYMSIN shall be regarded morally and spiritually a continuation of the work started by Swami Rama of the Himalayas through his organization, the Himalayan International Institute of Yoga Science and Philosophy (Kanpur, India) and shall work in cooperation with the same.

2.05 AHYMSIN may accept the affiliation of any other like-minded organizations, centres, or associations.

2.05.1 AHYMSIN may determine the duties of the affiliate organisations towards it, such as that of providing support for AHYMSIN and recognising or de-recognising its spiritual teachers etc. from time to time, by agreement between AHYMSIN and the relevant organisations and spiritual teachers.

SECTION THREE REGIONAL AND SPECIALISED ORGANIZATIONS

3.01.1 The various geographic regions such as North America, South America, East Asia, South-East Asia, Western Europe, Eastern Europe, Africa and so forth, may form regional AHYMSIN organizations to which the associations in those regions may become affiliated without prejudice to their affiliation to AHYMSIN.

3.01.2 Special interest organisations such as a teachers association or teacher training programme organisation may be established by those qualified for and interested in doing so and the details of the working relationship between these organisations and AHYMSIN may be established through mutual discussion and be reviewed from time to time.

3.01.3 Any regional or special interest organisations existing prior to the enactment of this constitution may be recognised or accepted as affiliates simultaneously with the enactment of this constitution or thereafter, with any adjustments in their structure and activity that may be mutually agreeable.

3.02 The local societies, centres, associations, etc. as well as the regional AHYMSIN organizations may establish constitutions and by-laws, by the approval of AHYMSIN and its Spiritual Guide, that are different from this document in form as needed to conform to local laws of the state and other political and social conditions but they must remain true to the aims and objects stated above.

3.03 The regional and local affiliates and special interest organisations shall act in accordance with the guidelines set by AHYMSIN in matters relating to teaching and maintaining spiritual and philosophical principles but they shall

be autonomous in managing their mundane affairs except that they will be required to adhere to their by-laws, and maintain accounts in accordance with the principles of non-profit organizations. In their failure to do so, AHYMSIN may take the necessary steps to mediate and/or enforce the by-laws and ethical principles in these mundane matters.

3.04 AHYMSIN may invite:

- (a) the leaders, office bearers and faculty members of the other fraternal organizations, that is
 - (i) those established by Swami Rama, such as the Himalayan Institute Hospital Trust, or
 - (ii) by his disciples with aims similar to those of AHYMSIN, and
 - (b) the individual disciples of Swami Rama,
- to serve as advisors, honorary members or special invitees with duties and privileges to be determined as the occasion arises.

SECTION FOUR SPIRITUAL GUIDE

4.01.1 The Spiritual Guide may appoint, or authorise the appointment of, and confirm the status of the existing:

- (i) Spiritual Director(s), Teaching Director(s), Executive Director(s) of affiliate centres and groups;
- (ii) initiators, monks (Swamis), priests (Pandits), meditation guides, yoga and meditation teachers; and
- (iii) a Adhyatma-Samiti, that is philosophy group (hereinafter referred to as the Samiti), with a flexible number of members, to assist in his/her spiritual work.

4.01.2 The Spiritual Guide may appoint observers to the Samiti, who will be considered members in training with privileges in the Samiti as assigned by the Spiritual Guide.

4.02 The Spiritual Guide shall hold the authority over the contents of teaching, training and publication and the guidance in spiritual philosophy and practices.

4.03 The Spiritual Guide may also appoint a Spiritual Director to help carry out his/her day to day duties and work.

4.04 The Spiritual Guide shall appoint Directors or Teaching Directors of the centres and special interest organisations, where the constitutions, by-laws or special resolutions by the said centres or organisations so stipulate or request.

4.05 The Spiritual Guide may develop, or request to have developed, plans for extending the work of AHYMSIN to further its aims and objects and shall carry them out with the help and assistance of the General Council, various

committees and spiritual and executive officers who may also propose plans and projects for his/her approval.

4.06 The Spiritual Guide shall have the right to sit in all deliberations of the Association with mandatory powers in all spiritual matters and recommendatory powers in all other matters. S/he may choose to express his/her opinions and advice by electronic or other means which will be considered tantamount to his/her personal presence.

4.07 The Spiritual Guide shall appoint his/her successor; in his/her failure to do so the Samiti shall be regarded as his/her successor with all his/her duties and privileges.

SECTION FIVE ADHYATMA SAMITI

5.01 The Samiti shall:

- (a) help and assist the Spiritual Guide in carrying out his/her duties and fulfil his/her plans and projects; and
- (b) carry out all the duties of the Spiritual Guide in the event of his/her death or incapacity, in the case no successor has been appointed.

5.02 An individual member's tenure on the Samiti shall be for the duration of the Spiritual Guide's discretion and if there is no Spiritual Guide, then, by the consensus of all other members of the Samiti as per 5.03(c).

5.03 The Samiti shall:

- (a) elect a chairperson as primus inter pares for the duration agreed upon by the members from time to time on a frequently rotating basis;
- (b) appoint any other officers, such as secretary to the Samiti to keep records and facilitate communication;
- (c) in the event of the Spiritual Guide's death or incapacity, if no successor has been appointed, the Samiti shall regulate its own size and composition, and incorporate new members, or terminate the membership of any member; and
- (d) not terminate the membership of a member who has been appointed by the Spiritual Guide unless gross deficiency in the moral/spiritual conduct has been proved after proper investigation and mediation as in the procedures indicated in the article 13. The members of such a panel shall be those who adhere to the principles established in 1.01; 1.02; 5.07; 6.04; 6.06.

5.04 The Samiti, by total consensus and unanimity, may appoint a Spiritual Guide if one has not been appointed by the predecessor.

5.05 The Samiti's meetings and deliberations shall be guided by the following:

- (a) The quorum, of the membership, including those of observers who shall be non-voting, in the meetings of the Samiti shall be two thirds of the members;
- (b) a member may be exempted from attendance in the case of incapacity and in the case of other genuine reasons;
- (c) all decisions shall be taken by consensus/unanimity;
- (d) in case of a pressing need for decision making in mundane matters, majority vote may be applied; and
- (e) all deliberations and decisions of the Samiti shall be made known to all members.

5.06 As in the case of all other committees, the meetings may be held with personal attendance or electronically, and all proposals may be made and all decisions may be taken and may be conveyed through that medium.

5.07 All members of the Samiti, as well as of the Executive Committee, and Office Bearers and directors of various categories, shall be those who are:

- (a) well-versed in the teachings of the Himalayan Tradition as interpreted by Swami Rama of the Himalayas;
- (b) committed to their own progress in meditation and self purification through regular practice and retreats in silence;
- (c) maintaining attitudes of equanimity, quietude, non-anger, tolerance, forgiveness, selfless service, *sattvic* temperament, and such other guidelines as set down by Swami Rama of the Himalayas and by the current Spiritual Guide;
- (d) adhering to the practice and philosophy of vegetarianism and other dimensions of non-violence, as well as refraining from alcohol and from all mind-altering substances;
- (e) being free of any racial, gender, religious, national or regional biases;
- (f) dedicated to
 - (i) maintaining and perpetuating the ancient links with the *rishis*, the founders of the yoga traditions and
 - (ii) enriching the same with a depth of understanding of the worldwide traditions of the founders of the paths of meditation;and
- (g) to these ends, maintaining contact among themselves to help each other in the course of study and practices, in frequent and collective *svadhyaya* and silence sessions. They shall also invite and welcome each other's critique about their progress in the areas of life as stated in (a) to (g) herein.

5.08 The members of the Samiti shall be required to be the most advanced in their adherence to these principles and guidelines, dedicated to inspiring, encouraging and guiding other members of the General Council in general, and in particular the members of the Executive Committee and Office Bearers and directors of various categories, to continuously advance in these areas of knowledge and spiritual purifications.

5.09 Swami Veda Bharati shall be the Spiritual Guide for life but may, at his discretion, delegate his authority in any matter to a designated person or to the Samiti, subject to such terms and conditions and for whatever length of time he determines.

SECTION SIX MEMBERSHIP

6.01 There shall be two classes of membership of AHYMSIN:

6.02 Corporate members, that is, Trusts and organizations, such as the Dhyana Mandiram Trust (Delhi) and the Himalayan International Institute of Yoga Science and Philosophy (Kanpur, India) as well as the affiliated and recognized societies, organizations, centres or institutions, whether incorporated/ registered or not, that uphold the same aims and purpose as AHYMSIN.

6.03 Individual members of two sub-categories:

(a) General members, who believe in the aims and objects of AHYMSIN but are not initiates; these shall be members of the local centres and groups; and

(b) Initiate members, those who have been initiated by Swami Rama of the Himalayas or by those authorised by him or by the current spiritual guide to grant initiations. These may or may not be members of the local centres and groups. All initiate members will be required to accept in principle the guidelines of spiritual aspiration as stated in 5.07.

6.04 An initiate shall be considered a member so long as s/he maintains a regular meditation practice and other codes of conduct within the guidance of the Himalayan Tradition as taught by Swami Rama of the Himalayas.

6.05.1 Initiate members shall have the voting right.

6.05.2 Electronic voting, in all committees and sub-committees, will be as valid as by personal attendance.

6.06 The Executive Committee and the Samiti together may from time to time fix the members' financial dues and other obligations. The members shall aspire and be encouraged to adhere to the universal principle of *dashamsha* (tenth part), that is tithing, in terms of the dedication of their total time and energy and may be required to contribute a certain optimum part of the same.

SECTION SEVEN GENERAL COUNCIL

7.01 The General Council shall consist of:

- (a) representatives of the Himalayan International Institute of Yoga Science and Philosophy (Kanpur, India), one representative to each ten members who follow the principles established in 1.01, 1.02, 5.07, 6.04 and 6.06 ultra;
- (b) all members of the Dhyana Mandiram Trust, Delhi;
- (c) delegates of recognized centres and groups and special interest organisations elected on the basis of one delegate per ten initiates who are active members, or one in case there are not ten members in a given group;
- (d) the initiates worldwide, invited by the Spiritual Guide or by his/her authority, including the residents of Sadhaka Grama or of any other residential communities that may be formed, to be defined as those who are designated by the Spiritual Guide or the Samiti as initiate sadhaka residents who reside in the community for minimum six months of the year unless the Spiritual Guide or the Samiti agrees on a shorter term for a specific individual;
- (e) Spiritual Directors, Teaching Directors and Executive Directors, as well as the honorary (but not the salaried) directors of various departments of the offices of AHYMSIN; and
- (f) initiators, monks (Swamis), priests (Pandits), meditation guides, yoga and meditation teachers, and members of the Samiti.

7.02 The quorum for the meetings of the General Council shall be the majority of the membership.

7.03 One member shall have one vote in the General Council and in all committees.

7.04.1 The General Council shall:

- (a) elect an Executive Committee and office bearers, the nominations for which may be suggested by the Spiritual Guide or may be left entirely to the gathered members of the General Council;
- (b) pass annual and other periodical reports of finances and of the activities, and all plans of AHYMSIN;
- (c) help in developing and executing all plans; and
- (d) be responsible for reporting all matters, including accounts and budget proposals, concerning AHYMSIN, to the initiates and members worldwide through all feasible media.

7.04.2 The nominations for the Executive Committee and office bearers, whether suggested by the Spiritual Guide and/or received from the gathered members of the General Council,

shall be put to vote, and those receiving the largest number of votes shall be elected.

- 7.04.3 As a one time provision the Spiritual Guide may exercise the option to appoint the first group of office bearers, and other committees, during the gathering of members to be held in January-February 2007 at Swami Rama Sadhaka Grama in Rishikesh. These appointments may be for a period of less than three years, as agreed upon by the participants.

SECTION EIGHT OFFICE BEARERS and the EXECUTIVE COMMITTEE

8.01 The Office Bearers shall be:

- (a) President;
- (b) Senior Vice-President;
- (c) Vice-Presidents, any number that the General Council may choose to elect from time to time, and/or the Executive Committee may choose to nominate from among its members;
- (d) General Secretary;
- (e) Assistant Secretaries, any number that the General Council may choose to elect from time to time, and/or the Executive Committee may choose to nominate from among its members, or may invite from among the members of the General Council;
- (f) Treasurer; who may be assisted by
- (g) Assistant Treasurer(s), any number that the General Council may choose to elect from time to time, and/or the Executive Committee may choose to nominate from among its members or may invite from among the members of the General Council; one of these may be a Budget Director or Chief Financial Officer.

8.02.1 The Executive Committee shall consist of:

- (a) Spiritual Guide;
- (b) Spiritual Director, if any;
- (c) Chair person of the Samiti if different from (a) or (b);
- (d) Office Bearers;
- (e) one member elected by the Dhyana Mandiram Trust, that shall be the custodian of all properties located in Swami Rama Sadhaka Grama, Rishikesh. AHYMSIN may choose that the same apply to any other properties to be later acquired or constructed;
- (f) one member elected by the Himalayan International Institute of Yoga Science and Philosophy (Kanpur, India);
- (g) one member elected by the Samiti from among its members;
- (h) up to three members elected from among the permanent residents of the Sadhaka Grama, or any other residential

communities that may be formed from time to time so long as the residency of such members remains in force as per the definition in the clause 7.01(d) above;

(i) additional members elected from the General Council, the number to be decided by the Executive Committee from time to time but not less than nine for the first group to be elected in January-February 2007; and

(j) at least one representative from each recognised special interest organisation. The total number to be decided by the Executive Committee, however for the first group, the General Council may determine the number to be elected.

8.02.2 The provision for the clause 8.02.1(e) shall apply until such time as the AHYMSIN obtains the status of non-profit organisation and the functions of Dhyana Mandiram Trust are transferred to AHYMSIN.

8.03 All committees and sub-committees may each choose a chair person for their meetings, whether for a certain term or for its individual meetings.

8.04 The Executive Committee shall be responsible to the General Council as well as to the Spiritual Guide and to the President.

8.05 The President shall be the Chief Executive Officer to facilitate, through the entire structure of AHYMSIN, with the help of the Vice-Presidents, all committees and Executive Directors, the furtherance of the spiritual mission as well as the mundane management of the worldwide work of AHYMSIN.

SECTION NINE MANAGING DIRECTORS

9.01 The Spiritual Guide and/or the President, in concord with each other, in consultation with the Executive Committee of AHYMSIN and the Dhyana Mandiram Trust, may appoint:

- (i) a Managing Director or Co-Directors for AHYMSIN;
- (ii) a Managing Director or Co-Directors of Swami Rama Sadhaka Grama, and of other residential communities, if any, established by the Spiritual Guide or, in the case of his/her death or incapacity, by the Samiti; and
- (iii) Executive Directors of the affiliate centres and special interest organisations, where the constitutions, by-laws or special resolutions by the said centres or organisations so stipulates or requests.

9.02 The managing directors in 9.01 (i) and (ii) shall work in consultation with each other and all reports shall be submitted to Dhyana Mandiram Trust, the Executive committee of AHYMSIN, the Spiritual Guide and the President.

SECTION TEN BOARD OF DIRECTORS

10.01 The Executive Committee may nominate from among its members a Board of Directors, consisting of whatever number deemed effective for day to day worldwide functioning of AHYMSIN, with the approval of the Spiritual Guide and/or the President, in concord with each other, who may also suggest additional members to the Board.

10.02 The Board of Directors shall be responsible to the Executive Committee as well as to the Spiritual Guide and the President to implement their decisions.

SECTION ELEVEN ELECTIONS, NOMINATIONS, APPOINTMENTS AND DISSOLUTION

11.01 One or more returning Officer(s) shall be appointed by the Spiritual Guide, or by the Samiti in the incapacity of the Spiritual Guide, to supervise any election proceedings.

11.02 The President shall be appointed by the Spiritual Guide or, when acting in his/her incapacity, by the Samiti.

11.03 All other Office Bearers, except where otherwise provided, shall be elected by the General Council by secret ballot cast by personal presence or electronically, except where other modes of selection are provided, as in clause 8.01 (e) and (g).

11.04 Representatives of various Trusts, affiliate societies etc. and of the various committees such as the Samiti and the Residents Committee shall be elected each by the members thereof.

11.05 The President shall hold office for a period of five years.

11.06 The Executive Committee's term shall be five years.

11.07 The Board of Directors may remain in existence as long as the Executive Committee, with the approval of the Spiritual Guide and/or the President, in concord with each other, deems it effective, but not less than one year. There may be a rotation among and addition of members as deemed necessary from time to time.

11.08 No Office Bearer or member shall receive any remuneration/payment in cash or in kind for serving the society except that

- (a) the market rate payment may be made for any business supplies or professional services rendered; and
- (b) the teachers, priests, monks, spiritual officers and permanent residents shall not lose their voting right, or the right to hold office, if an honorarium is paid to them to enable them to give their spiritual and teaching services. In that also, like all other officers, they shall be liable to render the requisite accounts for any moneys and assets allotted to them for the work of the Mission.

11.09 Where the duties of an Office Bearer as well as the rules for the conduct of a Committee are not specified in this Constitution, there shall apply the rules as in common practice according to the laws of the country and the rules of conduct as set for non-profit organizations by the government's agencies and departments that oversee the conduct of such societies.

11.10 In case the Spiritual Guide, his/her successor or the Samiti or two-thirds majority of the General Council determines that AHYMSIN is no longer in a position to fulfil the aims and objects for which it has been founded, the organization may be dissolved and its assets and properties be passed to another organization whose aims and objects are in spirit identical to those of AHYMSIN.

11.11 An officer may be recalled by the same agency that has nominated/appointed the same. In the case of such recall a fresh election/nomination shall be held within one month.

SECTION TWELVE MEETINGS

12.01.1 The Executive Committee shall hold a minimum of two meetings a year, by personal attendance and /or electronically and shall pass the annual budget and reports, and plans for the forthcoming year.

12.01.2 The quorum for the meetings of the Executive committee shall be the majority of the membership.

12.02 The Board of Directors may meet as often as necessary for the day to day functioning of AHYMSIN.

12.03 The agenda for the meetings as well as for elections shall be circulated one month in advance but in the case of an emergency meeting it may be circulated whatever number of days in advance by agreement of the members.

12.04 Three weeks in advance of an election, the Spiritual Guide and/or the President, in concord with each other, shall distribute the names of

proposed members of the Executive Committee and office bearers; any members, whether corporate or individual, may then add further names to the same and these will be circulated to the entire General council. The secret ballots will be sent to the returning officer(s) who will declare the results on the date announced for the election meeting.

12.05 A member may give the power of proxy to any other member including the President or the Spiritual Guide.

SECTION THIRTEEN DISAFFILIATION

13.01 A member, whether elected or appointed, may be asked to vacate his/her position if found guilty of transgressing the interests of AHYMSIN or being in gross violation of the law, rules of honesty or other principles of the moral code of conduct. No judgment shall be made without giving the member an opportunity to explain his/her position to an impartial panel consisting of five members, two of whom may be nominated by the Samiti, two of whom may be agreed to by the disputant and the fifth one, to chair, by common agreement among the other four. The members of such a panel shall be those who adhere to the principles established in 1.01, 1.02, 5.07, 6.04 and 6.06.

13.02 An affiliated organization may be disaffiliated also in the same manner as in 13.01.

SECTION FOURTEEN REGISTRATION

14.01 As the world headquarters of AHYMSIN shall be in Rishikesh, India, the organization shall be registered according to the Indian laws and shall abide by the same.

14.02 In case of registering a Chapter in another country, the necessary adjustments to the Constitution shall be made to be in conformity with the laws of the specific country.

SECTION FIFTEEN AMENDMENTS

15.01 Amendments to this constitution may be proposed by the Spiritual Guide, the President, any member of the Samiti, any member of the Executive Committee or by the signature of ten per cent of the members of the General Council.

15.02 The General Council may, by two-thirds majority, accept the amendments, provided that the particular section of the organisation, such as the Executive Committee, has been fully consulted before putting the matter to the vote.

15.03 No amendment can be made on the articles 1.01, 1.02, 5.07, 6.04 and 6.06, nor the amendments be made, except by the Spiritual Guide, in matter of spiritual and teaching appointments, including the appointment, functioning and procedures of the Samiti.

SECTION SIXTEEN MISCELLANEOUS

16.01 With regard to the matters pertaining to areas that have not been covered in this constitution, such as

- (A) financial matters,
- (B) accounting and banking and
- (C) specific duties of office bearers and others in positions of responsibility,

these may be determined by the relevant committees and sub-committees from time to time by way of

- (I) passing resolutions
- (II) adopting by-laws,
- (III) guidelines established by the competent authorities of the country or any other Government departments, and/or
- (IV) general conventions, usages and traditions of the constitutions.

16.02 If, in this present constitution, any stipulation, word or clause is found to be in contravention of the laws of the land, the same shall be altered and amended, but the remaining stipulations, words or clauses shall continue to be deemed valid and applicable.