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KAALOSMI

I AM TIME



A calendar based on

‘इहेरिलखदे भेहगुखखदे गुोख’

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Selfless Service (निष्काम सेवा)

Why is Selfless Service (Seva) important?

Yogis say, without clearing your debts, you cannot become realized (one cannot be evolved). Seva clears your karmic debts. It gives clarity to your mind, the Yogis call this 'Chittashuddhi'. With 'Chittashuddhi' you achieve a deep meditative state. When you serve others, you get joy automatically. This is the rule of the universe. Himalayan Meditation is to go beyond all limitations, to render selfless service, to spread happiness and joy to all souls.

This Calendar is one such example. It has been designed, printed, and spread by volunteers who have devoted time from their daily schedules for this seva. Other selfless services done by The Himalayan Meditation are as follows:

• YAGYA SEVA

Attitude of gratitude - Himalayan Sages perform yagyas to express their gratitude not only during the festivals, full moon and no moon days but also when the country goes through any natural calamities, as a plea to the Devas to bring about lasting solutions and purifications.

Contribute to 'Yagyas' as per your wish at thehimalayanseva@sbi

• SHRIMAD BHAGAVAD GITA SEVA

We are transliterating 'Shrimad Bhagavad Gita' into more than 180 languages and offer teachings on its chanting and meaning, along with practical ways to apply its wisdom in life. Join us in this divine mission of serving 'Shrimad Bhagavad Gita' and transform your life.

• MANDIR SEVA

Volunteers actively visit nearby mandirs to install boards featuring Stutis like 'Hanuman Hridaya Malika' and powerful 'Ashtakams' for the benefit of humanity. With Hari Kripa (blessings) and the devotion of dedicated sadhakas (devotees), more than 2,000 boards have already been installed in just one year. Group chanting of Ashtakams is conducted regularly in nearby mandirs. If you wish to participate in Mandir Seva, please contact us.

• VEDIC RESEARCH

Modern space research finds its roots in the ancient Vimana Technology influenced by Maharshi Bharadwaja. Discover about Maharshi Bharadwaja's Vimana Shastra and many more timeless inventions of Vedic Bharat. Join our Vedic Research Seva to explore the vast ocean of various sciences from the Vedic era, including Astrology, Astronomy, Metallurgy, Surgery, Engineering, Architecture, and many more. To awaken your inner scientist, please contact us.



• HIMALAYAN KIDS

Himalayan Kids is the first step towards conscious parenting. Kids are like clay and it's important to shape them right from their formative years, to empower them in all spheres of life. We offer a 'Concentration Building Program' that will help them excel in their studies, form good habits and be morally disciplined. We teach them shlokas, chants, and our sanskriti (culture and traditions). Simple meditations, shlokas, chants will help them to cope with stress, anxiety, and peer pressure etc. Join us to help shape their future.

• KALA AND SANSKRITI

All of us are bestowed with some talent or the other by our benevolent Bhagavan, like singing, dancing, painting, voiceover artistry, video editing, or digital painting etc. Do join us to channelize your skills in the service of 'Shri Hari'.

To share your talents and contribute to our cause of devotion and creativity, please contact us.

For more information visit our website:

<https://thehimalayanmeditationadipurusha.wordpress.com/>

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श्रद्धावाननसुयश्च शृणुयादपि यो नरः । सोऽपि मुक्तः शुभाल्लोकान्प्राप्नुयात्पुण्यकर्मणाम् ॥

“Even those who just listen to this knowledge (Shrimad Bhagavad Gita) with faith and without envy will be liberated from sins and will attain the auspicious abodes where the pious dwell.”



SUN	mon	tue	wed	thu	fri	SAT
			PAUSHA 1 S Dwitiya	2 S Trutiya	3 S Chaturthi	4 S Panchami
5 S Shashthi	Guru Govind Singh Jayanti 6 S Saptami	7 S Ashtami	8 S Navami	9 S Dashami	Putrada Ekadashi 10 S Ekadashi	Pradosh Vrat 11 S Dwadashi/ Trayodashi
Swami Vivekananda Jayanti 12 S Chaturdashi	Lohri 13 HM Yagya Purnima	Pongal 14 Uttarayana Makara Sankranti MAGHA K Pratipada	Magha Bihu Mattu Pongal 15 K Dwitiya	16 K Trutiya	Sankashti Chaturthi 17 K Chaturthi	18 K Panchami
19 K Panchami	20 K Shashthi	21 K Saptami	22 K Ashtami	23 K Navami	24 K Dashami	Shatatlita Ekadashi 25 K Ekadashi
Republic Day 26 K Dwadashi	Pradosh Vrat 27 K Trayodashi	28 K Chaturdashi	29 Amavasya	30 S Pratipada	31 S Dwitiya	

। महत्सङ्गस्तु दुर्लभः ।

The Association Of Great Souls Is Rare

When and Where was Shrimad Bhagavad Gita Written ?

GANESHA GUFA in Badrinath is the sacred cave where Lord Ganesha wrote the Mahabharata on the dictation of Maharshi Vyasadeva. Located near the Vyasadeva Gufa in Mana Village on the banks of the sacred Saraswati River, the atmosphere around Ganesha Gufa is pristine and scenic.



This sacred cave where Lord Ganesha penned the great epic, the Mahabharata, containing Shrimad Bhagavad Gita, is approximately 5,000 years old as of 2025.

The tale takes us back to when Maharshi Vyasadeva, an incarnation of Bhagavan Vishnu, wished to write the Mahabharata for the benefit of humanity during the approaching age of Kali. Maharshi Vyasadeva approached Lord Ganesha for assistance, and he readily agreed. However, Lord Ganesha imposed a unique condition that Maharshi Vyasadeva must narrate the epic without interruption, while he transcribes it. In turn, Maharshi Vyasadeva asked that Lord Ganesha should comprehend each shloka (verse) before writing it.

With this pact in place, the monumental task of writing the Mahabharata commenced. Lord Ganesha meticulously wrote down the Mahabharata as Maharshi Vyasadeva recited it. In between, Lord Ganesha also performed the Sandhya Vandana.

They continued smoothly until an unexpected obstacle arose - Lord Ganesha's pen broke in the middle of the task. Unwilling to waste time searching for a new pen, Lord Ganesha broke off one of his tusks and used it as a pen to complete the Mahabharata. Lord Ganesha would take down the dictation quickly, as Maharshi Vyasadeva, the seer of Mahabharata narrated the complicated verses.

Such was the unwavering determination of Lord Ganesha to aid the people of the Kali Yuga in their quest for liberation. In his eagerness to assist Maharshi Vyasadeva, he ensured the successful completion of Mahabharata.



You will be amazed to know that, while Lord Ganesha was taking down dictation inside the Ganesha Gufa, Maharshi Vyasadeva was narrating to him from another nearby cave called the Vyasadeva Gufa. Both these caves are pilgrimage sites.

Himalayan Meditation successfully installed 'Shri Ganapati Raksha Kavacham' board in the Ganesha Gufa.



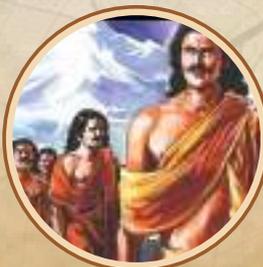
The Vyasadeva Gufa has great religious significance. This is where Maharshi Vyasadeva wrote the 18 Puranas and classified the Vedas into four parts: Rig Veda, Yajur Veda, Sama Veda, and Atharva Veda. It was also here that Shri Adi Shankaracharya met Maharshi Vyasadeva for the discourse of Bhashyam to compile Brahma Sutras.

How to reach Ganesha Gufa ?

Ganesha Gufa is located about 4 km from Badrinath Dham. On reaching Badrinath, you need to commence a short 3 km trek to Mana village or you can alternatively hire a taxi to reach there. Then from Mana, a brisk 1 km hike will lead you to Ganesha Gufa.



Bheema Pul: Pathway to Heaven



This was the place from where the Pandavas started their journey to heaven called SWARGAROHINI. During this journey, they were unable to cross the Saraswati river, so Bheema lifted a huge rock and placed it in the river so that they can cross it easily. Later on, it was known as Bheema Pul. This bridge is located opposite to Vyasadeva Gufa in Mana Village and offers an enchanting view of the pristine valley.



व्यासप्रसादाच्छ्रुतवानेतद्ब्रह्ममहं परम् । योगं योगेश्वरात्कृष्णात्साक्षात्कथयतः स्वयम् ॥

“By the grace of Maharshi Vyasaadeva, I have heard this supreme and most secret Yoga from the Lord of Yoga, Yogeshwara Shri Krishna Himself.”



sun	mon	tue	wed	thu	fri	sat
						1 S Trutiya
Vasanta Panchami 2 	3 S Shashthi	Ratha Saptami 4 	Bhishma Ashtami 5 	6 S Navami	7 S Dashami	Jaya Ekadashi 8 
S Chaturthi/ Panchami Pradosh Vrat 9	10 S Trayodashi	11 S Chaturdashi	Guru Ravidas Jayanti 12  HM Yagya Purnima	PHALGUNA 13 K Pratipada	14 K Dwitiya	15 K Trutiya
Sankashti Chaturthi 16 	17 K Panchami	Yashoda Jayanti 18 	Chhatrapati Shivaji Maharaj Jayanti 19 	20 K Saptami	Janaki Jayanti 21 	22 K Navami
23 K Dashami	Vijaya Ekadashi 24 	Pradosh Vrat 25 K Dwadashi	Maha Shivaratri 26 HM Yagya, Abhishekam  K Trayodashi	27 K Chaturdashi Amavasya	28 S Pratipada	

। विद्या ददाति विनयम् ।

Knowledge Gives Humility

The Mystical Origins of Shrimad Bhagavad Gita Unveiling it's Time and Place

Suryadeva is the king of the planets, and he (current Suryadeva's name is Vivasvan) is controlling all other planets by supplying heat and light. He is rotating under the order of Bhagavan Shri Krishna, who chose Vivasvan as his disciple to reveal the secret of Bhagavad Gita, at the beginning of our universe. In the Mahabharata (Shanti-parva 348.51-52) we can trace out the history of the Gita as follows:

त्रेतायुगादौ च ततो विवस्वान् मनवे ददौ । मनुश्च लोकमृत्यर्थं सुतायेक्ष्वाकवे ददौ ॥
इक्ष्वाकृणा च कथितो व्याप लोकानवस्थितः । गमिष्यति क्षयान्ते च पुनरारायाणं नृप ॥

In the beginning of Treta Yuga, the knowledge about our connection with the Supreme Divine was passed down by Vivasvan to Manu. Manu, who is considered as the father of all humans, gave this knowledge to his son Maharaja Ikshvaku, king of Mother Earth. Maharaja Ikshvaku's descendants were the Raghu dynasty, in which Bhagavan Shri Rama was born. Thus the Bhagavad Gita scripture has been there since the time of Maharaja Ikshvaku.



At the present moment, we have just passed through five thousand years of the Kali Yuga, which lasts 432,000 years. Before Kali Yuga, there was Dwapara Yuga (864,000 years), and before Dwapara there was Treta Yuga (1,296,000 years). Thus, 21,65,000 years ago, Manu spoke the Bhagavad Gita to his disciple and son Maharaja Ikshvaku, the king of this planet Earth. The age of the current Manu is calculated to last 311,040,000 years, of which 120,960,000 have passed.

It was spoken once again by Bhagavan Shri Krishna to Arjuna about 5,000 years ago during the Kurukshetra war. That is a rough estimate of the history of Shrimad Bhagavad Gita.

JYOTISAR - The place where Bhagavad Gita's divine wisdom illuminated the world



In the very first verse of Shrimad Bhagavad Gita, Kurukshetra is described as DHARMAKSHETRA i.e. 'Battlefield of Dharma'.

धर्मक्षेत्रे कुरुक्षेत्रे समवेता युयुत्सवः । मामकाः पाण्डवाश्चैव किमकुर्वत संजय ॥1.1॥

Jyotisar (the most venerated tirtha of Kurukshetra, Haryana) is the place where Arjuna received the eternal message of Shrimad Bhagavad Gita from Bhagavan Shri Krishna.

As per the scriptures, Kurukshetra is spread over a circuit of about 48 KOS (1 KOS ~ 1.8 km), which includes a large number of holy places, temples, and sacred rivers related with Mahabharata, Kuru dynasty.



The 48 Kos Kurukshetra war field stitched between the two rivers Saraswati and Drishadwati extends to the present day five districts of Haryana, namely, Kurukshetra, Kaithal, Karnal, Jind and Panipat.

There is a 5000-year-old tree in Jyotisar and it is believed that Bhagavan Shri Krishna gave the knowledge of Bhagavad Gita to Arjuna near this tree.



Immortal Banyan Tree: Witness of the celestial song, Shrimad Bhagavad Gita



Bhishma Kund

On the 10th day of the Kurukshetra war, Pitamaha Bhishma fell on the battlefield in a place later known as BANAGANGA. Having felt thirsty, he asked for water. Arjuna then pierced an arrow into the ground to create a fountain of water to fulfill Bhishma Pitamaha's thirst. This water pool is known as BHISHMA KUND.



At Jyotisar, the Mahabharata is shown in an immersive light and sound show. Tourists and locals gather daily to experience history through a vibrant display of colors and lights. This multi-sensory spectacle combines film, light, sound, and water to breathe life into the divine tale. As the sun sets, visitors queue up for this captivating storytelling event set amidst Jyotisar's mystical surroundings. With meticulous research and captivating visuals, the show focuses on the Bhagavad Gita and the Mahabharata, leaving the audience utterly mesmerized.

तद्विद्धि प्रणिपातेन परिप्रश्नेन सेवया ।
उपदेक्ष्यन्ति ते ज्ञानं ज्ञानिनस्तत्त्वदर्शिनः ॥

“O’ Arjuna, go to the feet of a Sage and serve him then ask him your doubts with folded hands, he will give you instructions which you need to follow.”



Sun	mon	tue	wed	thu	fri	Sat
Ugadi ३० Gudi Padwa Chaitra Navaratri Ghatashtapana S Pratipada	Gauri Pooja Matsya Jayanti S Dwitiya/ Trutiya					Phulera Dooj Ramkrushna Jayanti S Dwitiya
२ S Trutiya	३ S Chaturthi	४ S Panchami	५ S Shashthi	६ S Saptami	७ S Ashtami	८ S Navami
९ S Dashami	Amalaki Ekadashi S Ekadashi	Pradosh Vrat S Dwadashi	१२ S Trayodashi	Holika Dahan Attukal Pongal S Chaturdashi	Chaitanya Mahaprabhu Jayanti Holi Chandra Grahan Purn HM Yagya Purnima	CHAITRA १५ K Pratipada
Bhai Dooj १६ K Dwitiya	Sankashti Chaturthi K Trutiya/ Chaturthi	१८ K Chaturthi	Rang Panchami K Panchami	Vernal Equinox S Shashthi	२१ K Saptami	२२ K Ashtami
२३ K Navami	२४ K Dashami	Papamochani Ekadashi K Ekadashi	Papamochani Ekadashi K Dwadashi	Pradosh Vrat K Trayodashi	२८ K Chaturdashi	२९ Surya Grahan Anshik Amavasya

। दुस्सङ्गः सर्वथैव त्याज्यः ।

One Should Give Up Bad Association

Upanishads: The Mother of Bhagavad Gita

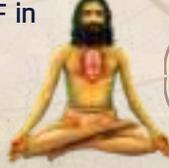
Bhagavad Gita is the nectar that came directly from the mouth of the Supreme Divine Shri Krishna. The Supreme Divine explained the essence of the Vedas and Upanishads to Arjuna in a very simplified manner. That's why Bhagavad Gita is compared to milk and Upanishads are compared to cows. There's a beautiful verse in the Gita Dhyaanam.

**सर्वोपनिषदो गावो दोग्धा गोपाल नन्दनः ।
पार्थो वत्सः सुधीर्भोक्ता दुग्धं गीतामृतं महत् ॥**

All Upanishads are (like) cows, milker being Shri Krishna; Partha (Arjuna) being the calf and all those of purified intellect are the drinkers of nectarine milk that is Gita. Let's see some examples:

He who beholds all beings in the SELF, and the SELF in all beings, he never goes away from it [the SELF].

The yogi who sees me (Shri Krishna) everywhere and sees everything inside me, I never disappear from him nor he disappear from me.



**यस्तु सर्वाणि भूतानि आत्मन्येवानुपश्यति ।
सर्वभूतेषु चात्मानं ततो न विजुगुप्सते ॥ (ईशोपनिषद् 6)**

**यो मां पश्यति सर्वत्र सर्वं च मयि पश्यति ।
तस्याहं न प्रणश्यामि स च मे न प्रणश्यति ॥ (गीता 6.30)**

नवद्वारे पुरे देही हंसो लेलायते बहिः ।

वशी सर्वस्य लोकस्य स्थावरस्य चरस्य च ॥ (श्वेताश्वतर उप. 3.18)

**सर्वकर्माणि मनसा संन्यस्यास्ते सुखं वशी ।
नवद्वारे पुरे देही नैव कुर्वन्न कारयन् ॥ (गीता 5.13)**

The swan, the Supreme who is the ruler of the world and of all that moves and all that is motionless, the same swan dwells in the city of nine gates, flies outward.

He is self-controlled by renouncing the fruits of all his actions. He stays in bliss even though staying in the physical body. Neither he does any action to fulfill his selfish desires nor engage anybody in action for the same.

Beyond the senses, are the sense objects; beyond these is the mind; beyond the mind is atman known as Mahat (great).

The senses are superior to the physical body and the mind is superior to the senses, intellect is superior to the mind but in front of desires, the intellect stops working.

**इन्द्रियेभ्यः परा ह्यर्था अर्थेश्च परं मनः ।
मनसस्तु परा बुद्धिर्बुद्धेरात्मा महान्परः ॥ (कठोपनिषद् 1.3.10)**

**इन्द्रियाणि पराण्याहुरिन्द्रियेभ्यः परं मनः ।
मनसस्तु परा बुद्धिर्यो बुद्धेः परतस्तु सः ॥ (गीता 3.42)**

**सर्वतःपाणिपादं तत् सर्वतोऽक्षिशिरोमुखम् ।
सर्वतःश्रुतिमल्लोके सर्वमावृष्य तिष्ठति ॥
(श्वेताश्वतर उप. 3.16, गीता 13.13)**

The Supreme Divine's hands, feet, heads, mouth, eyes, and ears are spread in every direction covering all the lokas.



Himself devoid of senses, He shines through the functions of the senses. He is the capable ruler of all; He is the refuge of all. He is great. Though all the indriyas are capable of doing every functionality, He remains detached from all the senses and maintains all living beings. He experiences all the gunas even though He is beyond triguna (three qualities). He is the Paramatma.

**सर्वेन्द्रियगुणाभासं सर्वेन्द्रियविवर्जितम् ।
सर्वस्य प्रभुमीशानं सर्वस्य शरणं वृहत् ॥ (श्वेताश्वतर उप. 3.17)**

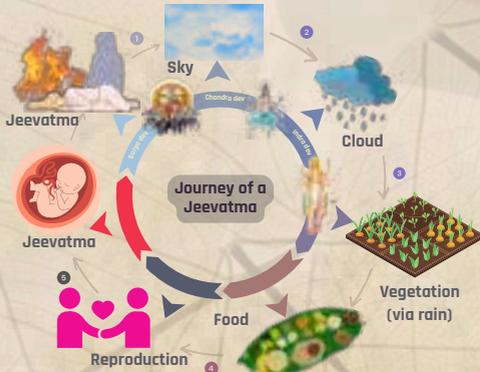
**सर्वेन्द्रियगुणाभासं सर्वेन्द्रियविवर्जितम् ।
असक्तं सर्वभृच्चैव निर्गुणं गुणभोक्तृ च ॥ (गीता 13.14)**

**न तत्र सूर्यो भाति न चन्द्रतारकं नेमा विद्युतो भान्ति कुतोऽयमग्निः ।
तमेव भान्तमनुभाति सर्वं तस्य भासा सर्वमिदं विभाति ॥
(श्वेताश्वतर उप. 3.18)**

**न तद्भासयते सूर्यो न शशांको न पावकः ।
यद्रत्वा न निवर्तन्ते तद्गाम परमं मम ॥ (गीता 5.13)**

The sun does not shine there, not even the moon, the stars, the thunder, and also the fire. The Supreme only shines, everything shines after Him. By His light, everything else is lighted.

The place where there is no sun, no moon and not even fire for illumination, as that place is self-effulgent. Once someone goes there, never comes back to this material world and that place is my Supreme Abode.



These verses of Brihadaranyakopanishad (from 12.6.2.9 - 12.6.2.14) explains 5 Yagyas that happen for a Jeevatma to take birth. A similar verse in Gita is 3.14

असौ वै लोकोऽग्निर्गौतम तस्यादित्य एव समिद्रश्मयो धूमोऽहरर्दिशोऽङ्गारा अवान्तरदिशो विस्फुलिङ्गास्तस्मिन्नेतस्मिन्नग्नौ देवाः श्रद्धां जुहति तस्या आहुत्यै सोमो राजा संभवति ॥ (9) पर्जन्यो वाग्निर्गौतम तस्य संवत्सर एव समिद्राग्निं धूमो विद्युदर्चिरश्निरङ्गारा ह्रादुनयो विस्फुलिङ्गास्तस्मिन्नेतस्मिन्नग्नौ देवाः सोमं राजानं जुहति तस्या आहुतेर्वृष्टिः संभवति ॥ (10) अयं वै लोकोऽग्निर्गौतम तस्य पृथिव्येव समिद्राग्निं धूमो रात्रिर्चिश्चन्द्रमा अङ्गारा नात्राणि विस्फुलिङ्गास्तस्मिन्नेतस्मिन्नग्नौ देवा वृष्टिं जुहति तस्या आहुत्या आन्नं संभवति ॥ (11) पुरुषो वाऽग्निर्गौतम तस्य व्यात्तमेव समित्साणो धूमो वागर्चिश्चौरङ्गाराः श्रोत्रं विस्फुलिङ्गास्तस्मिन्नेतस्मिन्नग्नौ देवा अन्नं जुहति तस्या आहुत्यै रेतः संभवति ॥ (12) योषा वा अग्निर्गौतम तस्या उपस्थ एव समिल्लोमानि धूमो योनिरर्चिर्यदन्तः करोति तेऽङ्गारा अभिनन्दा विस्फुलिङ्गास्तस्मिन्नेतस्मिन्नग्नौ देवा रेतो जुहति तस्या आहुत्यै पुरुषः संभवति स जीवति यावज्जीवत्यथ यदा प्रियते ॥ (13) अथैनमग्रये हरन्ति तस्याग्निरेवाग्निर्भवति समित्समिद्धमो धूमोऽर्चिरर्चिरङ्गारा विस्फुलिङ्गा विस्फुलिङ्गास्तस्मिन्नेतस्मिन्नग्नौ देवाः पुरुषं जुहति तस्या आहुत्यै पुरुषो भास्वरत्नः संभवति ॥ (14) (बृहदारण्यकोपनिषद् 12.6.2.9-12.6.2.14)

**अत्राद्भवन्ति भूतानि पर्जन्यादन्नसंभवः ।
यज्ञाद्भवति पर्जन्यो यज्ञः कर्मसमुद्भवः ॥ (गीता 3.14)**

Shaariraka Upanishad and Garbhopenishad explain about kshetra (body), kshetragna, and 3 gunas (sattva, raja, tamas). A crisp explanation of the same can be found in ch-13,14 of Shrimad Bhagavad Gita. This is another example of how Upanishads are compared to cows and Bhagavad Gita to their milk.

असंशयं महाबाहो मनो दुर्निग्रहं चलम् ।
अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥

“O Arjuna, the mind is in fact very powerful, there is no doubt in this. However, with practice and detachment you have to control your mind.”



sun	mon	tue	wed	thu	fri	sat
		1 S Chaturthi	2 S Panchami	3 Yamuna Chhat S Shashthi	4 S Saptami	5 S Ashtami
Shri Rama Navami HM Yagya S Navami	6 S Dashami	7 Kamada Ekadashi	8 S Dwadashi	9 Pradosh Vrat Mahavir Jayanti S Trayodashi	10 S Chaturdashi	11 Hanuman Janmotsav HM Yagya Purnima
VAISHAKHA 12	Baisakhi 13 Solar New Year	14 K Dwitiya	15 Sankashti Chaturthi K Trutiya	16 K Chaturthi	17 K Panchami	18 K Shashthi
19 K Saptami	20 K Ashtami	21 K Navami	22 K Dashami	23 Varuthini Ekadashi Vallabhacharya Jayanti K Ekadashi	24 Pradosh Vrat K Dwadashi	25 K Trayodashi/ Chaturdashi
26 Amavasya	27 S Pratipada	28 Parashurama Jayanti S Dwitiya	29 Akshaya Trutiya S Trutiya			

। राम रघुनाथ पदौ भजे ।

। Bow At The Feet Of Bhagavan Shri Rama

Santh Saral Gita

The Purpose

In the beginning of our universe our creator Brahmadeva mentioned the art of how to live, how to die, how to lead a dharmic life, different arts, science and Brahmadeva etc in the Vedas in Sanskrit language. Sanskrit is called Deva Bhasha because this is the language being used on our planet Bhuloka and all the other six higher planets. So, all the scriptures written by our Rishis are in Sanskrit.

In the current age of Kaliyuga it's very difficult for an ordinary human being to understand this divine language due to various reasons.



To overcome this problem Santh Saral Gita took birth on this planet in the very same land of Himalayas where Maharshi Vyasadeva dictated Shrimad Bhagavad Gita in Sanskrit to Lord Ganesha.

Santh Saral Gita is the daughter of Shrimad Bhagavad Gita in its simplest form which is written in a language of simplified Sanskrit called Santh Bhasha with very minimal grammar and language constructs. The purpose of this Gita is to make everybody understand Shrimad Bhagavad Gita during chanting itself.

The Birth Story

While taking dips in the holy river Saraswati in the lap of the Himalayas, a Himalayan Rishi, Krishnadasa, a servant of The Supreme Divine Shri Krishna, attained a state of higher consciousness and remained absorbed in that transcendental state for quite some time. After getting the blessings of Mother Saraswati, He ran towards the top of Himalayas inside the Vyasadeva cave and kept absorbed himself again in the deep state of meditations. Soon after that with the blessings of The Supreme Divine Shri Krishna and Maharshi Vyasadeva himself, He started singing Bhagavad Gita verses in a simplified manner. Those verses are captured in the form of Santh Saral Gita.

The Essence and Divinity

To expel the darkness of this Kaliyuga, Santh Saral Gita is blessed with miraculous powers to cultivate Shri Krishna bhakti in every individual who chants it. It is written in such a simple manner that anyone who reads it a couple of times, automatically understands the meaning of the verse by himself.

Every chapter of Santh Saral Gita corresponds to the Sanskrit version but has one extra verse at the end which is the summary of that chapter. Santh Saral Gita is written in Navakshari Chanda which means every line of the shloka has 9 letters.

It is written in a language which is the language of saints and can be understood by all sections of the society be it Bengali, Punjabi, Assamese, Odia, Tamil, Telugu, Malayali etc. Most of the words are used in almost all Indian languages like भक्त, मत, संयुक्त, सर्वदा, श्रेष्ठ, चित्त, निरंतर, परम, श्रद्धा, etc.

Let's see how simple Santh Saral language is to understand the elegant Sanskrit verses:

एवं सततयुक्ता ये भक्तास्त्वां पर्युपासते ।
ये चाप्यक्षरमव्यक्तं तेषां के योगवित्तमाः ॥
श्रीमद्भगवद्गीता (12.1)

जे भक्त संयुक्त चित्तरे । तुमकु सर्वदा सुमरे ॥
जे नर निष्ठाबान होई । अव्यक्त ब्रह्म उपासई ॥
एमंत दुहिन्क मध्यरे । के अटे श्रेष्ठ तुमठारे ॥
संथ सरल गीता (12.1)

A Devotee who worships You with full of devotion and a devotee who worships You in un-manifested form, who is better between both.

शब्दार्थ:-

- जे - जो
- संयुक्त - जुड़कर, मिलकर
- चित्तरे - चित्त से / मन से
- तुमकु - तुम्हें, तुम को
- सर्वदा - हमेशा, सदा
- सुमरे - सिमरन करना
- जे नर - जो मनुष्य
- निष्ठाबान - एकनिष्ठ होकर, दृढ़ निश्चय से, with full dedication

- अव्यक्त - Unmanifested, जो व्यक्त नहीं है
- ब्रह्म - परमात्मा
- उपासई - उपासना/पूजा करना ['उपासना'- 'अपने इष्टदेवता की समीप (उप) स्थिति या बैठना (आसन)']
- एमंत - इन
- दुहिन्क - दोनों के
- मध्यरे - मध्य में, बीच में
- के अटे - कौन है
- श्रेष्ठ - उत्तम
- तुमठारे - आपके अनुसार

भावार्थ:-

अर्जुन जी श्री कृष्ण से प्रश्न करते हैं कि जो भक्त संयुक्त चित्त अर्थात् श्री कृष्ण को चित्त से जुड़कर हर समय 24*7 (चलते वक्त, भोग लगाते वक्त, हर श्वास प्रश्वास में) आपकी (श्री कृष्ण) लीला, रूप, नाम को याद करके गोविंद गोविंद कहते हैं और केवल आपको (श्री कृष्ण) ही सदा सिमरन करते हैं, और जो मनुष्य श्रद्धा से केवल अव्यक्त (जो कि व्यक्त नहीं है) ब्रह्म की उपासना करते हैं। ये सोचते हैं कि कोई शक्ति है। ऐसे ब्रह्मवादी सोचते हैं ॐ एक नाद है आवाज की तरह, कोई बोलता है की जोत जैसा है, कोई बोलता है कि हरी एक शक्ति है और सभी कुछ उसी ब्रह्म से निकला है और वहीं जाकर लीन हो जाएगा। आपके अनुसार इन दोनों के मध्य में श्रेष्ठ कौन है?

इच्छाद्वेषसमुत्थेन द्वन्द्वमोहेन भारत । सर्वभूतानि सम्मोहं सर्गे यान्ति परन्तप ॥

“Due to desires and jealousy, duality takes birth which deludes all the living beings. That is the reason living beings take birth in this material world again and again.”



Sun	mon	tue	wed	thu	fri	Sat
				1 S Chaturthi	2 Surdas Ramanujacharya Shankaracharya Jayanti S Panchami	3 Ganga Saptami S Shashthi
4 S Saptami	Sita Navami 5 S Ashtami	6 S Navami	7 S Dashami	Mohini Ekadashi 8 S Ekadashi	9 Pradosh Vrat S Dwadashi	10 S Trayodashi
Narasimha Jayanti 11 S Chaturdashi	Buddha Purnima 12 Kurma Jayanti HM Yagya Purnima	JYESHTHA 13 Narada Jayanti K Pratipada	14 K Dwitiya	15 K Trutiya	Sankashti Chaturthi 16 K Chaturthi	17 K Panchami
18 K Panchami	19 K Shashthi/ Saptami	20 K Ashtami	21 K Navami	22 K Dashami	Apara Ekadashi 23 K Ekadashi	24 Pradosh Vrat K Dwadashi
25 K Trayodashi	Vata Savitri 26 K Chaturdashi	27 Amavasya S Pratipada	28 S Dwitiya	Maharana Pratap Jayanti 29 S Trutiya	30 S Chaturthi	31 S Panchami

। ईशावास्यमिदं सर्वं ।
Everything Is For Ishwara

Yagyas in Bhagavad Gita

Yagya - An Introduction

The process of Cosmic Transformation and Transmission is called Yagya. Through this process, the creation, maintenance, and annihilation of the universe happens.

Let's understand this through an example. When we eat our food, it reaches our stomach where the digestive fire or Vaishwanara agni is present. This fire digests the food and transforms it into our body cells, organs, and fluids. Therefore, the process of digestion is a yagya where food is the ahuti and Vaishwanara agni is the yagya fire.

अन्नाद्भवन्ति भूतानि पर्जन्यादन्नसम्भवः ।
यज्ञाद्भवतिपर्जन्यो यज्ञः कर्मसमुद्भवः ॥ (3.14)

Life comes from food, food comes from rain, rain happens due to Yagya (havan) and yagya is an activity (karma) itself. Karma is described in the Vedas.



The Purpose

For any yagya to happen, there are two main requirements, an ahuti or oblation and a yagya agni or fire. Vedas and Upanishads remind us of the fact that Shri Krishna Himself is Yagya, the Yagyapurusha. He is the Adhiyagya means the Adhipati (Owner) of Yagyas and He always establishes Himself in the yagya.

अधियज्ञोऽहमेवात्र देहे देहभूतां वर ॥ (8.4) तस्मात्सर्वगतं ब्रह्म नित्यं यज्ञे प्रतिष्ठितम् ॥ (3.15)

अहं क्रतुरहं यज्ञः स्वधाहमहमौषधम् ।
मन्त्रोऽहमहमेवाज्यमहमग्रिहं हुतम् ॥ (9.16)

I am the kratu (rituals), yagya, vanaspati (herbs used in yagya), shraaddh (offering to the ancestors), mantra, ghee (clarified butter), and oblation. I am also the yagya fire, the yagya process, and the root of everything.

यज्ञार्थात्कर्मणोऽन्यत्र लोकोऽयं कर्मबन्धनः ।
तदर्थं कर्म कौन्तेय मुक्तसङ्गः समाचर ॥ (3.9)

One should always do actions for the sake of Yagya (Shri Hari). All other karmas (actions) bring karmic bondage. That's why you do karma only for Yagya which will make you free from all attachments.



Why Should We Perform Yagyas

सहयज्ञाः प्रजाः सृष्ट्वा पुरोवाच प्रजापतिः ।
अनेन प्रसविष्यध्यमेषवोऽस्त्विष्टकामधुक् ॥ (3.10)

Our four-headed Brahmadeva created this entire universe by performing yagyas. He even revealed some deep secrets of yagya to the devatas and the sages. When humans perform yagyas, the devatas get pleased and when the devatas are pleased, they bless them and fulfill their desires. In this way, there is mutual satisfaction between the devatas and the humans. Yagyas bring prosperity and progress as well.



Types of Yagya

There are various kinds of yagya based on the Agni and Ahuti. In Ch-3 & 4 of Shrimad Bhagavad Gita, different types of yagyas have been mentioned i.e, Deva yagya, Pitru yagya, Sanyama yagya, Indriya yagya, Tapa yagya, Yoga yagya, Gyana yagya etc

O' Dhanurdhar! There are many kinds of Yagyas. Some do Deva Yagya using materials like ghee and grains etc. Some do Brahma Yagya by sacrificing life force (praana) into Brahma Agni (Brahma Agni stays in Agya Chakra)

दैवमेवापरे यज्ञं योगिनः पर्युपासते ।
ब्रह्माग्नावपरे यज्ञं यज्ञेनैवोपजुहति ॥ (4.25)

Havan: Agni is fire itself and ahuti is ghee & grains
Dravya Yagya



Tarpan : Water is given as ahuti
Dravya Yagya



A powerful verse to be chanted before eating or before doing any activity is :

ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम् ।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥ (4.24)

Brahma is the doer who is sacrificing the oblation of ghee which is Brahma itself into the fire of Brahma and gets liberation which again is Brahma. The entire process also becomes Brahma.

Yoga Yagyas - Advanced level kriyas done by higher order Yogis, Let's have a glance at a few :

श्रोत्रादीनीन्द्रियाण्यन्ये संयमाग्निषु जुहति ।
शब्दादीन्चिषयानन्य इन्द्रियाग्निषु जुहति ॥ (4.26)

Some do Sanyama Yagya by sacrificing the senses (indriyas) i.e. eyes, nose, tongue, skin, and ears as ghee into the fire of sanyam (sense control) as an oblation. Some do Indriya Yagya by sacrificing the sense objects as ghee into the fire of senses mentally as an oblation.

सर्वाणीन्द्रियकर्माणि प्राणकर्माणि चापरे ।
आत्मसंयमयोगाग्नौ जुहति ज्ञानदीपिते ॥ (4.27)

O' Arjuna, some self-realized yogis do the oblation of all the actions done by their senses, by offering their life force (praana) into the fire of Brahma Agni (which is situated in the Agya Chakra).

अपाने जुहति प्राणं प्राणोऽपानं तथापरे ।
प्राणापानगती रुद्ध्वा प्राणायामपरायणाः ॥ (4.29)

Some yogis do the oblation of Apaana vayu as ghee into Praana vayu as fire and vice-versa (Praana vayu as ghee and Apaana vayu as fire) by controlling their life force and O' Arjuna, some other yogis control their food intake to make their mind calm and steady and give the oblation of Praana vayu into Praana vayu, to free themselves from all the sins.

अपरे नियताहाराः प्राणान्प्राणेषु जुहति ।
सर्वेऽप्येते यज्ञविदो यज्ञक्षपितकल्मषाः ॥ (4.30)

Modes of Yagyas According to the three modes of nature, a yagya can be Sattvik, Rajasik and Tamasik. These are explained in Ch-17

अफलाकाङ्क्षिभिर्यज्ञो विधिदृष्टो य इज्यते ।
यष्टव्यमेवेति मनः समाधाय स सात्त्विकः ॥ (17.11)

अभिसन्धाय तु फलं दमार्थमपि चैव यत् ।
इज्यते भरतश्रेष्ठ तं यज्ञं विद्धि राजसम् ॥ (17.12)

विधिहीनमसृष्टान्नं मन्त्रहीनमदक्षिणम् ।
श्रद्धाविरहितं यज्ञं तामसं परिचक्षते ॥ (17.13)

Bhagavan Shri Krishna says, O' Arjuna, listen about the three kinds of Yagyas. The Yagya which is performed without desiring any fruits and performed as per the scriptures by remaining absorbed in Me, is Sattvik in nature. The Yagya which is performed to get fruits to fulfill one's selfish desires and to show off, is Rajasik in nature. The Yagya which is not performed as per the scriptures, improper chanting of mantras, without any faith and interest, without giving Dakshina and Annadaanam (giving of food) to the brahmin, is Tamasik in nature.

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥

“The one who always thinks about Me, always keeps his mind in Me and worships Me, O’ Partha, I protect the things which are already with him and I give him those which are not with him.”



sun	mon	tue	wed	thu	fri	sat
1 S Shashthi	2 S Saptami	3 S Ashtami	4 S Navami	Ganga Dussehra 5 S Dashami	Nirjala Ekadashi 6	Nirjala Ekadashi 7
Pradosh Vrat 8 S Dwadashi	9 S Trayodashi	Vata Purnima Vrat 10 S Chaturdashi	Kabirdas Jayanti 11 HM Yagya Purnima	ASHADHA 12 K Pratipada	13 K Dwitiya	Sankashti Chaturthi 14 K Trutiya
15 K Chaturthi	16 K Panchami	17 K Shashthi	18 K Saptami	19 K Ashtami	20 K Navami	Yogini Ekadashi 21 International Yoga Day Longest Day K Dashami/ Ekadashi
Vaishnava Yogini Ekadashi 22 K Dwadashi	Pradosh Vrat 23 K Trayodashi	24 K Chaturdashi	Shani Jayanti 25 Vata Savitri Vrat Amavasya	26 S Pratipada	Jagannatha Ratha Yatra 27 S Dwitiya	28 S Trutiya
29 S Chaturthi	30 S Panchami					

। सर्वे सन्तु निरामयाः।

May All Be Free From Illness

Important Verses of Bhagavad Gita

The same verse in Santh Saral Gita (written by a Himalayan Rishi) in a very simplified manner

देहिनोऽस्मिन्यथा देहे कौमारं यौवनं जरा ।
तथा देहान्तरप्राप्तिर्धीरस्तत्र न मुह्यति ॥ (2.13)

जेमन्त देही देहे थाए । नाना अवस्था देइजाए ॥
बाल यौवन जरामय । मरणे लभे नब देह ॥
एहा धीर ब्यक्ति जाणइ । मृत्युरे शोक न करइ ॥ (2.13)



The Jeevatma stays in the physical body and goes through different states of childhood, youth, old age, death and gets a new body again. A wise man knows this so, he never grieves on anybody's death.



नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः ।
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः ॥ (2.23)

शस्त्र छेदन असम्भव । ना अग्नि दहन सम्भव ॥
नपारे जल करि ओदा । जेहे कमल शुष्क सदा ॥
पबन नपारे शुखाइ । अशोष्य दिव्य तत्त्व एहि ॥ (2.23)

Weapons can't cut the Jeevatma. Fire can't burn it. Water can't make it wet and wind can't dry it. Jeevatma is eternal, immovable, and ancient.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ (2.47)

कर्मरे तुम अधिकार । फलरे नाहिँ धनुर्धर ॥
नरख कर्म फले मन । न हुअ केबे क्रियाहीन ॥ (2.47)

O' Arjuna, you have the right only to your actions and not to the fruits. So, do not think about the fruits of your actions and do not even stay idle.



यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।
अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥ (4.7)

जेबे जेबे कुन्ती नन्दन । धर्मर हुअइ पतन ॥
अधर्मर हुए उत्थान । मोहर हुए आगमन ॥ (4.7)

परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।
धर्मसंस्थापनार्थाय सम्भवामि युगे युगे ॥ (4.8)

साधुन्क रक्षा मुँ करइ । पापीन्क नाश करे मुहिँ ॥
करे धर्मर संस्थापन । युगे युगे असि अर्जुन ॥ (4.8)

O' Bharata ! Whenever dharma (righteousness) falls and Adharma (unrighteousness) rises, I come on this earth. I protect the righteous people (sadhus) and destroy the evil ones for the establishment of dharma. For this I come here in every age (Yuga).

मनुष्याणां सहस्रेषु कश्चिद्यतति सिद्धये ।
यततामपि सिद्धानां कश्चिन्मां वेत्ति तत्त्वतः ॥ (7.3)

सहस्र मध्ये जणे केहि । प्रयत्न करे सिद्धि पाई ॥
सिद्धन्क मध्ये जणे केही । मोते तत्त्वरे जाणिथाइ ॥ (7.3)

One among thousands, tries to get moksha and hardly someone amongst those seekers gets to know Me in the true sense.



बहूनां जन्मनामन्ते ज्ञानवान्मां प्रपद्यते ।
वासुदेवः सर्वमिति स महात्मा सुदुर्लभः ॥ (7.19)

बहुत जन्म अन्तराले । ज्ञानी मानब जाणि बोले ॥
केबल सत्य बासुदेव । सेपरि महात्मा दुर्लभ ॥ (7.19)

Life after life a wise man knows that I, Vaasudeva, am the eternal truth. Such a pure soul is very hard to find in this world.

पत्रं पुष्पं फलं तोयं यो मे भक्त्या प्रयच्छति ।
तदहं भक्त्युपहृतमश्रामि प्रयतात्मनः ॥ (9.26)

पत्र पुष्परे के पूजइ । फल बा जल देइथाइ ॥
भक्ति निमग्र चित्त होइ । जे भक्त मोते जाहादेइ ॥
तार उपहार ग्रहण । करिथाए मुहिँ अर्जुन ॥ (9.26)

O' Arjuna, if a devotee offers me a leaf or a fruit or a flower or even water wholeheartedly, I accept that.



यस्मात्क्षरमतीतोऽहमक्षरादपि चोत्तमः ।
अतोऽस्मि लोके वेदे च प्रथितः पुरुषोत्तमः ॥ (15.18)

से दीप्त पुरुष टि केहि । अर्जुन जाण मुँ अटइ ॥
जेहेतु मुहिँ क्षरतीत । अक्षर ठारु मध्य श्रेष्ठ ॥
पुरुषोत्तम नामे स्थित । इहलोके बेदे वर्णित ॥ (15.18)

O' Arjuna, I am beyond perishable purusha and better than imperishable purusha, that is why I am best among all the purushas and known as Purushottama in the Vedas.

न च तस्मान्मनुष्येषु कश्चिन्मे प्रियकृत्तमः ।
भविता न च मे तस्मादन्यः प्रियतरो भुवि ॥

“No human being does more loving service to Me than those who spread Bhagavad Gita; nor shall there ever be anyone on this earth more dear to Me.”



Sun	mon	tue	wed	thu	fri	sat
		1 S Shashthi	2 S Saptami	3 S Ashtami	4 S Navami	5 S Dashami
Devashayani Ekadashi 6 S Ekadashi	7 S Dwadashi	Pradosh Vrat 8 S Trayodashi	9 S Chaturdashi	Guru Purnima 10 Vyasa Puja HM Yagya, Celebrations Purnima	SHRAVANA 11 K Pratipada	12 K Dwitiya
13 K Trutiya	Sankashti Chaturthi 14 K Chaturthi	15 K Panchami	16 K Shashthi	17 K Saptami	18 K Ashtami	19 K Navami
20 K Dashami	Kamika Ekadashi 21 K Ekadashi	Pradosh Vrat 22 K Dwadashi/ Trayodashi	23 K Chaturdashi	24 Amavasya	25 S Pratipada	26 S Dwitiya
Hariyali Teej 27 S Trutiya	28 S Chaturthi	Naaga Panchami 29 S Panchami	30 S Shashthi	Tulasidas Jayanti 31 S Saptami		

। नमो ब्रह्मणे ।

Salutations To The Brahman

Lifespan of Brahmadeva - Bhagavad Gita insights

In Shrimad Bhagavad Gita, Bhagavan Shri Krishna mentioned few secrets about the creation and destruction of our universe, along with the lifespan of our creator Brahmadeva.

सहस्रयुगपर्यन्तमहर्षद्वह्मणो विदुः ।
रात्रिं युगसहस्रान्तां तेऽहोरात्रविदो जनाः ॥ (8.17)

अव्यक्तादव्यक्तयः सर्वाः प्रभवन्त्यहरागमे ।
रात्र्यागमे प्रलीयन्ते तत्रैवाव्यक्तसञ्ज्ञके ॥ (8.18)

One day of Brahmadeva lasts one thousand cycles of four yugas and one night of Brahmadeva extends for the same span of time. The one who knows this, understands the reality about the days and nights of the devatas.

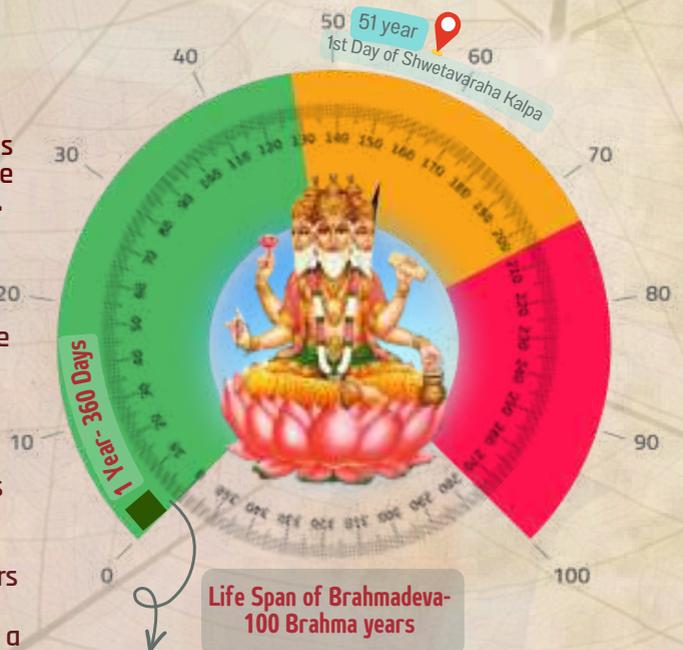
At the beginning of Brahmadeva's day all the jeevas (living beings) come out of the Avyakta (Unmanifested Source) and in the night of Brahmadeva, again all the jeevas go back to the same source.

Calculation of lifespan of Brahmadeva

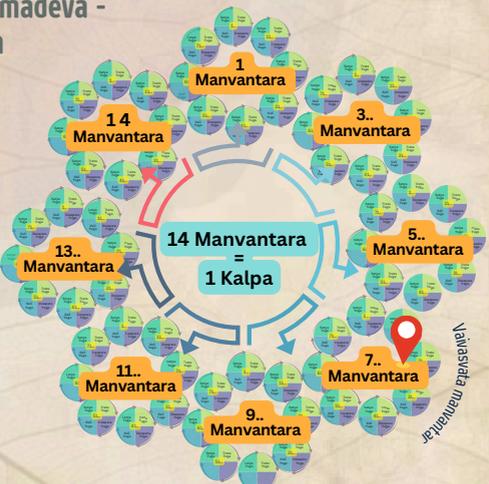
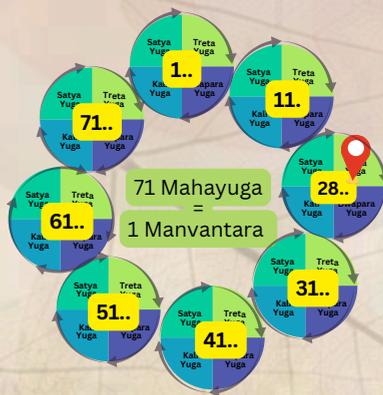
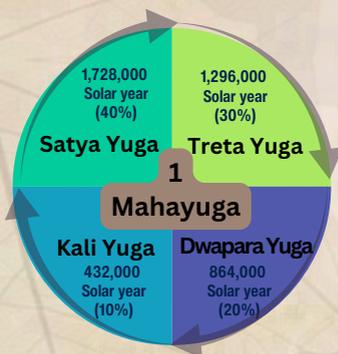
- Brahmadeva lives for 100 Brahma years
- 1 Year of Brahmadeva has 360 days
- 1 Day of Brahmadeva is called 'Kalpa'

Vedas say that during the daytime Brahmadeva is busy in the creation of life and during the night all the lives he created are absorbed back into him (Pralaya). So life exists only during the day of Brahmadeva

- Daytime of Brahmadeva consists of 1000 Mahayugas (Chaturyugas) and night is also of 1000 Mahayugas
- 14 Manus come during the day of Brahmadeva and the lifespan of a Manu is called Manvantara
- 1 Manvantara has 71 or 72 Mahayugas
- 1 Mahayuga is a set of four yuga i.e. Satya, Treta, Dwapara and Kali yuga
- Total Mahayuga span is 4,320,000 Solar/Human years
- So each Manvantara is $4,320,000 \times 71 = 306,720,000$ Solar years
- 1 Kalpa = $2000 \times 4,320,000 = 8,640,000,000$ Solar years
- At the end of Brahmadeva's life span of 100 years, Supreme Divine appoints a new Brahmadeva to begin a new cycle of creation



1 day of Brahmadeva - Kalpa



Lifespan of Brahmadeva

$$= 2000 \text{ Mahayugas} \times 100 \text{ Years} \times 360 \text{ Days} \times 4,320,000 \text{ Solar years}$$

$$= 311,040,000,000,000 \text{ solar years i.e. } 311 \text{ trillion years}$$

(31 Neel 10 Kharab 40 Arab Solar years)

*Calculate the current age (solar years) of Brahmadeva by yourself
We are on the 1st day of the 51st year of Brahmadeva
(running age is marked with a red pin in illustrations)

अध्येष्यते च य इमं धर्म्यं संवादमावयोः ।
ज्ञानयज्ञेन तेनाहमिष्टः स्यामिति मे मतिः ॥

"Those who study Shrimad Bhagavad Gita, directly worship Me with Gyana Yagya"



Sun	mon	tue	wed	thu	fri	sat
Radha Ashtami ३  Gauri Pujan Mahalakshmi Vrat Begins S Ashtami					S Ashtami	S Ashtami
३ S Navami	४ S Dashami	Putrada Ekadashi ५  S Ekadashi	Pradosh Vrat ६ S Dwadashi	७ S Trayodashi	Varalakshmi Vrat ८ S Chaturdashi	Raksha Bandhan ९  Narali Purnima Sanskrit Diwas HM Yagya Purnima
BHADRAPADA १० K Pratipada	११ K Dwitiya	Sankashti Angaraki Chaturthi १२  Kajari Teej K Trutiya	१३ K Chaturthi/ Panchami	Balarama Jayanti १४  K Shashthi	Independence Day १५  Shri Krishna Janmashtami  K Saptami	Dahi Handi १६  K Ashtami
१७ K Navami	१८ K Dashami	Aja Ekadashi १९  K Ekadashi	Pradosh Vrat २० K Dwadashi	२१ Paryushan parvarambh K Trayodashi	२२ K Chaturdashi	Pola २३  ● Amavasya
२४ S Pratipada	Varaha Jayanti २५  S Dwitiya	Hartalika Teej २६  Gauri Habba S Trutiya	Ganesha Chaturthi २७  S Chaturthi	Rishi Panchami २८  S Panchami	२९ S Shashthi	३० S Saptami

। सर्व कारणस्य कारणम् ।

You Are The Cause Of All Causes

Other Gitas In Our Scriptures

Uddhava Gita

The Uddhava Gita starts from Verse 40, Chapter 6, Book 11 of Shrimad Bhaagavata Maha Purana and ends at Chapter 29. In Uddhava Gita Shri Krishna explains spirituality, religion, code of conduct for various classes of society and stages of life, supremacy of devotion, different paths to enlightenment, how mind is the root cause of all miseries, and many other topics. It has more than 1,000 verses.



Devi Gita

Devi Gita constitutes the last 10 chapters of the 7th Skanda of Devi Bhagavatam. In the Devi Gita, following King Himalaya's request, Devi proceeds to describe her essential forms.



Ganesha Gita

In the Kridakhanda of Ganesha Purana, a discourse between King Varenya and Lord Ganesha, the Ganesha Gita is mentioned. This Gita contains the essence of spiritual knowledge which parallels the teachings of Shrimad Bhagavad Gita.



Guru Gita

Guru Gita is part of Skanda Purana which is a conversation between Lord Shiva and Goddess Parvati in which Goddess Parvati asks Lord Shiva to teach her all about the Guru Tattwa.



Hanumad Gita

Hanumad Gita was a discourse given by Mata Sita to Hanuman ji after their return from Lanka after the defeat of Ravana and the coronation of Shri Rama as king of Ayodhya.



Vibheeshana Gita

Vibheeshana Gita is described in Ramayana as a discourse between Shri Rama and Vibheeshana on the battlefield of Lanka in which Vibheeshana is taught about the virtues of devotion, faith, and right values.



Ashtavakra Gita

Ashtavakra Gita is the conversation between King Janaka and Sage Ashtavakra, on soul, bondage and ultimate reality. It teaches that one is already free and has to merely realize that one is free. It advocates non-action, trouncing of desire and severing of worldly attachments. It teaches that to free oneself from the cycle of life and death, one should withdraw from all earthly desires and worries.



Avadhutha Gita

Avadhutha Gita is a conversation between Sage Dattatreya and Lord Kartikeya. Dattatreya is regarded by many as the foremost incarnation, a combined incarnation of Brahmadeva, Bhagavan Vishnu and Lord Shiva. This Gita is regarded by almost all sages as the greatest treatise on Advaita Vedanta.



Kapila Gita

Kapila Gita is from Shrimad Bhaagavata Purana. It is the conversation between Sage Kapila and his mother Devahuti, whose soul was hungering for spiritual knowledge.



Many other Gitas are available in our scriptures such as : Gopi Gita, Uttara Gita, Pingala Gita, Anu Gita, Ishvara Gita, Manki Gita, Pandava Gita, Parashara Gita, Shaunaka Gita, Rama Gita, Ribhu Gita, Rudra Gita, Shiva Gita, Sruti Gita, Surya Gita, Vallabha Gita, Vyadha Gita, Hari Gita, Brahma Gita, Vashishtha Gita, Baka Gita, Narada Gita, Vichakshyu Gita, Sampaaka Gita, Suta Gita etc.

यः शास्त्रविधिमुत्सृज्य वर्तते कामकारतः ।
न स सिद्धिमवाप्नोति न सुखं न परां गतिम् ॥

“O Arjuna, the one who disobeys the scriptures due to the impulse of his own desires, he neither gets pleasure nor any kind of perfection. Liberation is very far for him, in my view.”



sun	mon	tue	wed	thu	fri	sat
	Gauri Pooja S Navami	 Gauri Visarjan S Dashami	Parivartini Ekadashi S Ekadashi	Vamana Jayanti S Dwadashi	Pradosh Vrat Teacher's Day Thiruoanam S Trayodashi	Ananta Chaturdashi Ganesha Visarjan S Chaturdashi
Chandra Grahan Purn HM Yagya Purnima	ASHWIN Pitru Paksha Begins K Pratipada		Sankashti Chaturthi K Trutiya			
Mahalakshmi Vrat Purn K Ashtami			Vishwakarma Puja Indira Ekadashi K Ekadashi		Pradosh Vrat K Trayodashi	
Sarvapitri Amavasya Amavasya	Navaratri Begins Ghatasthaapana Surya Grahan Anshik S Pratipada				Lalita Panchami S Chaturthi	Bilva Nimantran S Panchami
Kalpaarambh S Shashthi	Nava Patrika Pooja Saraswati Aavaahan S Saptami	Durga Ashtami Saraswati Pooja S Ashtami				

। तमसो मा ज्योतिर्गमय ।

Make Me Go From Darkness Towards Light

Gita Temples in The World



**Gita Stupa, Bentonville,
Arkansas, USA**

This Gita Stupa is a combination of nine stupas built in a circular pattern in the form of petals of lotus flower, on which Bhagavad Gita verses have been inscribed.



**Gita Mandir, Somnath,
Gujarat, India**



This temple is dedicated to Bhagavad Gita and each of the 18 pillars of the temple has a chapter of Bhagavad Gita inscribed on marble stones.



Gita Mandir, Patan, Nepal

Inside this temple there are three shrines dedicated to Shri Krishna, Mata Radha, and Bhagavad Gita.



**Bhagavad Gita Temple, Kurukshetra,
Haryana, India**

This temple is built of marble stone and Bhagavad Gita verses are inscribed on the temple walls.



**Gita Mandir, Mathura,
Uttar Pradesh, India**

It is called Gita Temple because its main room is adorned with all the verses of Bhagavad Gita.

अश्रद्धया हुतं दत्तं तपस्तप्तं कृतं च यत् ।
असदित्युच्यते पार्थ न च तप्सेत्य नो इह ॥

“Yagyas, tapas and daanam go waste without faith and interest and do not yield any results/fruits in this planet or in any other planet. It becomes ASAT (invalid), as per the scriptures.”



SUN	mon	tue	wed	thu	fri	SAT
			Maha Navami 1 S Navami	Durga Visarjan Saraswati Visarjan Vijaya Dashami Dussehra Gandhi Jayanti Madhavacharya Jayanti S Dashami	Papankusha Ekadashi 3 S Ekadashi	Pradosh Vrat 4 S Dwadashi
5 S Trayodashi	Kojagiri Purnima 6 Sharad Purnima S Chaturdashi	Valmiki Jayanti 7 Meerabai Jayanti HM Yagya Purnima/ K Pratipada	KARTIKA 8 K Dwitiya	9 K Trutiya	Sankashti Chaturthi 10 Karwa Chauth K Chaturthi	11 K Panchami
12 K Shashthi	Radha Kund Snan 13 K Saptami	14 K Ashtami	15 K Navami	16 K Dashami	Rama Ekadashi 17 Govatsya Dwadashi K Ekadashi	Pradosh Vrat Dhanteras 18 Yam Deepan K Dwadashi
Kali Chaudas 19 K Trayodashi	Naraka Chaturdashi Lakshmi Puja Diwali K Chaturdashi Amavasya	21 Amavasya	Bali Pratipada Gujarati New Year Govardhan Puja S Pratipada	Bhai Dooj 23 S Dwitiya	24 S Trutiya	25 S Chaturthi
26 S Panchami	27 Chhat Puja S Shashthi	28 S Shashthi	29 S Saptami	Gopashtami 30 S Ashtami	31 S Navami	

। सहस्रशीर्ष पुरुषः ।

The Purusha (Universal Being) Has 1000 Heads

Bhagavad Gita in University Curriculum

It is exciting to know that Shrimad Bhagavad Gita is being taught in many colleges and universities across the world. The count is increasing every year and they are seeing tremendous benefits in the society.

A research paper "Impact of Bhagavad Gita Course on College Students: A Study Based on Students Feedback" was published in the year 2020 in the Journal of Religion and Health showing how Bhagavad Gita has impacted college students.

The paper stated that:



"An analysis of the student input reveals that the impact is at various levels which are broadly placed under three categories here: (1) an immediate effect of sanctity and strengthening of faith, (2) improved clarity of the mind, better focus, calm and content disposition in general and (3) long-term effect on personality traits like development of leadership and problem-solving abilities."

- **OCHS (Oxford Centre for Hindu Studies) Course - "BHAGAVAD GITA"**

Its a 7 sessions over 7 weeks course conducted by Dr. Layne Little. During this course, the students learn Bhagavad Gita in depth chapter-by-chapter in order to understand the main themes. It pursues and identifies the significance of this famous scripture.



- **Indian Institute of Management Ahmedabad- "Understanding Bhagavad Gita: A Journey Towards Leadership Excellence"**

This course teaches lessons from the Bhagavad Gita that suggests powerful ways to promote management practices that are consistent with business models and yet ethical.



- **Harvard University - "Hinduism Through Its Scriptures"**

It's a 4 week long course provided by Harvard University containing lessons from Bhagavad Gita.

This course is conducted by Neelima Shukla Bhatt and Jason Smith. Bhagavad Gita is taught as part of this course, which introduces important passages from important Vedic sacred texts, and their interpretations by moderns and gives an opportunity to engage with them.



- **BITS Pilani - "Shrimad Bhagavad Gita"**

This course introduces the Bhagavad Gita in a manner to the students in that one is encouraged to focus on the application of its principles in daily life.



- **Seton Hall University - "The Journey of Transformation"**

This course teaches Bhagavad Gita as part of its core curriculum. The university also conducted an event on the topic "The Bhagavad Gita and Humanity Today" as part of their International Gita Symposium in the year 2020. They also conducted a talk on "Bhagavad Gita - The Essence of Upanishads" in April 2023.



Sacred opportunity to transform your life—**GO BEYOND limitations!**



Bless yourself by joining the divine satsang, where you can learn the 'Shrimad Bhagavad Gita' in the simplest way, directly under the guidance of enlightened sages

Write us: thehimalayanmeditation@gmail.com

Many other universities like Kurukshetra University (Haryana, India) have courses on Bhagavad Gita and IIT Kanpur (India) developed a website on Gita, "Gita Supersite". Other international universities like the Hindu University of America (Florida, USA), College of Vedic Studies (Birmingham, UK) etc teach Bhagavad Gita. Bhagavad Gita was first recited and written in Sanskrit and it has been translated into 175 languages to this day.

सर्वधर्मन्परित्यज्य मामेकं शरणं ब्रज ।
अहं त्वां सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥

“Abandon all varieties of dharmas and simply surrender unto Me alone. I shall liberate you from all sinful reactions; do not fear.”



sun	mon	tue	wed	thu	fri	sat
३० S Dashami						Devuthana Ekadashi Kansa Vadha S Dashami
Devuthana Ekadashi Tulasi Vivah S Ekadashi/ Dwadashi	Pradosh Vrat S Trayodashi	Manikarnika Snan S Chaturdashi	Deva Diwali Guru Nanak Jayanti HM Yagya Purnima	MARGASHIRSHA K Pratipada	7 K Dwitiya	Sankashti Chaturthi K Trutiya/ Chaturthi
९ K Panchami	१० K Shashthi	११ K Saptami	१२ K Ashtami	१३ K Navami	१४ K Dashami	Utpanna Ekadashi K Ekadashi
१६ K Dwadashi	Pradosh Vrat K Trayodashi	१८ K Trayodashi	१९ K Chaturdashi	२० Amavasya	२१ S Pratipada	२२ S Dwitiya
२३ S Trutiya	२४ S Chaturthi	Vivaha Panchami S Panchami	२६ S Shashthi	२७ S Saptami	२८ S Ashtami	२९ S Navami

। सत्यं वदिष्यामि ।

I Will Speak The Truth

Perceptions of famous personalities

Historically many extraordinary people such as Albert Einstein, Dr. Albert Schweitzer, Herman Hesse, Ralph Waldo Emerson, Aldous Huxley, Rudolph Steiner, Nikola Tesla, and many more have read Shrimad Bhagavad Gita and were inspired by its timeless wisdom.



Narendra Modi, current Prime Minister of India

"Bhagavad Gita Opens Minds, Inspires One To Think And Question. It encourages debate and keeps our minds open. Anybody who is inspired by Gita will always be compassionate by nature and democratic in temperament. The beauty of the Bhagavad Gita is in its depth, diversity and flexibility."



A P J Abdul Kalam, former President of India

A P J Abdul Kalam, former President of India, started reading Bhagavad Gita inspired by Dr Vikram Sarabhai when he was a student at Vikram Sarabhai Research Institute. In his autobiography, "Wings of Fire," Dr. Kalam eloquently portrayed the Bhagavad Gita as a science, recognizing its relevance in shaping not only his personal beliefs but also his scientific endeavors.



Dr. Annie Besant

Annie Besant, stated that the spiritual man need not be a recluse, that union with the divine Life may be achieved and maintained in the midst of worldly affairs, that the obstacles to that union lie not outside us but within us—such is the central lesson of the Bhagavad-Gita.



Albert Einstein

Albert Einstein, a German-born theoretical physicist, who developed the "theory of relativity", one of the two pillars of modern physics was quite impressed by the teachings of Shri Krishna and has quoted that, "When I read the Bhagavad Gita and reflect about how God created this universe, everything else seems so superfluous."



Henry David Thoreau

Henry David Thoreau, an American naturalist, essayist, poet, philosopher in his noted book titled Walden, referenced the Bhagavad Gita in many instances. In the very first chapter of the book he wrote "How much more admirable is the Bhagavad Gita than all the ruins of the East." The ancient texts such as the Bhagavad Gita and The Laws of Manu provided Thoreau with an additional vehicle for conceptualizing a relationship between the divine and the natural.



Warren Hastings

Warren Hastings strongly supported Charles Wilkins, who translated Bhagavad Gita in English for the first time. He wrote in the introduction that: "A performance of great originality, of a sublimity of conception, reasoning and diction almost unequalled, and single exception among all the known religions of mankind."



Bulent Ecevit

Bulent Ecevit, a Turkish politician, poet, writer, scholar, and journalist, who served as the Prime Minister of Turkey four times between 1974 and 2002. In 1974, in a British television interview, he was asked what had given him the courage to send Turkish troops to Cyprus. His answer was that he was fortified by Bhagavad Gita which taught that if one was morally right, one need not hesitate to fight injustice.



Sunita Williams

Sunita Williams, an American astronaut, with Indian roots, holds the record for longest spacewalk time for a woman. When she was heading out on her expedition as a member of the International Space Station (ISS), she carried a Ganesha idol and a copy of the Bhagavad Gita with her into the space. In her words: "Those are spiritual things to reflect upon yourself, life, the world around you and see things the other way. I thought it was quite appropriate."



Hugh Jackman

Hugh Jackman, a Hollywood superstar dedicatedly follows the Upanishads and Bhagavad Gita scriptures. In an interview he said, "The scriptures that we follow are a mixture between the West and the East and would be from Socrates to the Upanishads, to the Bhagavad Gita, to a number of different texts."



Will Smith

Will Smith, a Hollywood superstar, during a promotional tour in India for one of his movies, declared that he has been immensely influenced by Arjuna from the Bhagavad Gita. "I love the history. I am 90 percent through the Bhagavad Gita. To be reading that and to be here, my inner Arjuna is being channeled," he said in an interview.

Many famous personalities like Narayana Murthy, Cillian Murphy, Robert Downey Jr, George Harrison (Beatles fame), Annie Besant, Thomas Merton, Nikola Tesla, Philip Glass, T. S Eliot etc also got inspired by Bhagavad Gita and said that this book has entirely transformed their lives.

NASA also started believing in Vedas and Upanishads as they have understood that the results of their various experiments are almost equal to the results mentioned in Vedas and Upanishads by our Maharshis thousands of years ago.

यत्र योगेश्वरः कृष्णो यत्र पार्थो धनुर्धरः ।
तत्र श्रीविजयो भूतिध्रुवा नीतिर्मतिर्मम ॥

“Wherever there is Shri Krishna, the Lord of all Yoga and wherever there is Arjuna, the supreme archer, there will also certainly be unending opulence, victory, prosperity, and righteousness. Of this, I am certain.”



Sun	mon	tue	wed	thu	fri	sat
	Mokshada Ekadashi Gita Jayanti HM MahaYagya Shrimad Bhagavad Gita Pathan S Ekadashi	Pradosh Vrat S Dwadashi	Hanuman Janmotsav (Telugu) S Trayodashi	Dattatreya Jayanti Annapurna Jayanti HM Yagya S Chaturdashi/Purnima	PAUSHA K Pratipada	K Dwitiya
Sankashti Chaturthi K Trutiya	K Chaturthi	K Panchami	K Shashthi	K Saptami	K Ashtami	K Navami
K Dashami	Saphala Ekadashi K Ekadashi	K Dwadashi	Pradosh Vrat K Trayodashi	K Chaturdashi	Hanuman Janmotsav (Tamil) Amavasya	Amavasya
Shortest Day of The Year S Pratipada	S Dwitiya	S Trutiya	S Chaturthi	S Panchami	S Shashthi	Guru Govind Singh Jayanti S Saptami
S Ashtami	S Navami	Putrada Ekadashi S Dashami/ Ekadashi	Putrada Ekadashi S Dwadashi			

। सर्वेषां शान्तिर्भवतु ।

May There Be Peace In All

Movies based on Bhagavad Gita



Movie: The Matrix (franchise) Year of Release: 1999-2021

Summary: The movie theme of distinguishing reality from illusion runs throughout the movie as the characters from the resistance constantly go in and out of the "Matrix". It's a theme that is constantly addressed in Shrimad Bhagavad Gita. The Gita explains that we carry a false conception as we identify ourselves with the physical body and aren't able to see or experience the soul. As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones.



Movie: Avatar Year of Release: 2009

Summary: James Cameron's film Avatar cleverly incorporates elements of Vedic scriptures, particularly through its name derived from Sanskrit, meaning 'incarnation', usually associated with Bhagavan Vishnu with His blue colored skin and same has been depicted to Na'vi in this film. Another concept found in Bhagavad Gita is leaving one's body and entering the body of another. Something quite similar happens in the movie as humans are able to temporarily enter the body of Na'vi.



Movie: Interstellar Year of Release: 2014

Summary: Interstellar's core philosophy aligns with the ancient Vedic concept of an universal super-consciousness that transcends time and space, connecting all human life. The film's plot, featuring time dilation on Miller's planet, bears resemblance to an incident in scriptures involving King Muchukunda. These parallels enhance Interstellar's exploration of time, space, and human connection, combining Vedic philosophy with futuristic science fiction.



Movie: Bhagvad Gita: Song of the Lord Year of Release: 1993

Summary: Its an Indian Sanskrit-language drama film with few dialogues in Hindi and Telugu language. It was produced by T. Subbarami Reddy and directed by G. V. Iyer.



Movie: Star Wars Series Year of Release: 1977 - 2019

Summary: The Star Wars franchise exhibits striking similarities with Vedic traditions, particularly in the mentor-disciple relationship of Yoda and Luke, reminiscent of the Guru-Shishya parampara. Yoda's teachings align with passages from the Bhagavad Gita, while the concept of 'The Force' parallels the Vedic concept of the 'One' or Universe. Yoda's interpretation of 'the Force' reflects a synthesis of ancient Vedic philosophy and science fiction.



Movie: Watchmen Year of Release: 2009

Summary: In the movie Watchmen, Doctor Manhattan's character is associated with Shri Krishna, extending beyond their shared blue colour. When witnessing the atomic bomb's detonation, a line from the Bhagavad Gita, "Now I have become Death, the destroyer of worlds," resonates in his mind, further linking him to Shri Krishna.



Movie: The Legend of Bagger Vance Year of Release: 2000

Summary: The film is set in 1931 Georgia. It was the final film starring Jack Lemmon and Lane Smith. The plot is loosely based on the sacred text the Bhagavad Gita. It depicts God, Shri Krishna, tutoring a warrior-hero, Arjuna, played in the film by Smith and Damon.

Yagya Seva by Himalayan Meditation

Yagya is the process of cosmic transformation and transmission

यज्ञसह प्रजा सृष्टि करि । प्रजापति चतुर्मुखधारी ।
यज्ञ कले हि अभिवृद्धि । कामना पूर्ति ओ समृद्धि ॥
एमन्त गृह्य तत्त्वमान । देले उपदेश अर्जुन ॥ (3.10)
यज्ञकर्म कले अर्जुन । तृप्त हुअन्ति देवगण ।
देवता जेबे तृप्त होइ । अभीष्ट फल देईथाई ।
परष्णरकु करि तृप्त । रुहन्ति सर्वे आनंदित ॥ (3.11)

श्रीमद् भगवद् गीता-
Verse 3.10,3.11
(Santh Saral
Bhagavad Gita
version by
Himalayan Sages)

The four headed Brahmadeva created Srushti (Universe) by performing Yagya and he revealed some deep secrets to Devatas and Sages. Yagyas bring prosperity and fulfill our desires. O' Arjuna, when one does Yagya karma, Devatas get pleased and they bless by fulfilling your desires in return. This way, both Devatas and humans satisfy each other by doing Yagya.

Why to perform Yagyas?

- Did you know that each Devata is responsible for fulfilling specific life needs? For instance, Indradeva brings rain, Jaladeva provides water, Agnideva provides fire, and Vayudeva is associated with life-force. Yagya, a sacred ritual, remove troubles from the household and bring prosperity and happiness.
- You can dedicate oblations in the Yagya for yourself or your family members. If you wish to do so, please provide their names and gotras.
- You have the option to contribute any amount, even as little as one rupee, to support these Yagyas. Additionally, you can arrange Yagyas for your loved ones on special occasions with a donation.
- For contributions, you can use our UPI ID: thehimalayanseva@sbi
- Contact us: 📞 +91 8886344222, 📞 +91 7506910073

How to perform Yagyas?

Yagyas, conducted by Himalayan Sages, occur on festivals and full moon days as expressions of gratitude to the Supreme Divine, Devatas, and Nature.

On every Purnima, across India and abroad, more than 100 dedicated sadhakas unite to perform Yagya, both online and offline, creating a powerful collective source of blessings.

After dedicated hours of Dhyaana (Meditation) and Selfless Seva, you can receive guidance from Himalayan Sages to learn the art of performing Yagyas.



QR code for
UPI ID: thehimalayanseva@sbi



Glimpses of mass Yagyas held at different locations of India, US, Denmark, UK, Indonesia, and Singapore

Our youngest sadhaka performs Yagya every Purnima, sitting alone with focus and seeking blessings for an hour or two



You can feel the presence of Devatas in the flames

FEEL THE DIVINITY

Ashtakams Seva by Himalayan Meditation

Ashtakams are profoundly powerful and divinely transformative. They radiate an ineffable spiritual energy that transcends ordinary words. When immersed in the recitation of Ashtakam, one gets overwhelmed by the divine majestic, and celestial presence. It stands as a testament to the timeless wisdom and divine grace that flow through these sacred verses, offering solace, healing, and a deep connection to the divine realm. Daily recitation with devotion under the guidance of a Spiritual Master, has the intense ability to remove sufferings and guides you towards the abode of Shri Hari (The Supreme Divine).

Explore and immerse yourself in the Divine resonance of Ashtakams, such as Ganapati Raksha Kavacham, Hanuman Hridaya Malika, Bhootanatha Ashtakam, Mahamaya Ashtakam, Jeevaashtakam, Mokshya Ekadasham, Krishna Kriya Shatakam, Narayana Ashtakam, Kaarana Shatakam, Purnabrahma Stotram, Maa Mangala Ashtakam, Skanda Panchakam, and many more available for your spiritual journey on our YouTube channels.

Many devoted individuals have shared their experiences after regularly chanting these Ashtakams. They have been inspired to serve by printing and distributing Ashtakam books and installing marble, steel, and sunboards of these sacred texts in the nearby mandirs.

One remarkable example is one devotee's unwavering love and dedication which, with the grace of Shri Hari, brought the beautiful and powerful 'Purnabrahma Stotram' broadcasted live on Doordarshan-Odia channel during the 'Jagannatha Rath Yatra'.

A multitude of dedicated individuals worldwide are passionately joining our mission to install Ashtakam boards in all Dhams (धाम), Jyotirlinga mandirs, Shaktipeethas, and other mandirs globally.



With the Divine kripa of Shri Hari, devotees have lovingly installed sacred Ashtakam boards in several sacred mandirs. These include the Kamakhya Shaktipeetha, Devikup Shaktipeetha, Vaidyanath Shaktipeetha, Tara Tarini Shaktipeetha, Vimala mandir, Vishalakshi Shaktipeetha, Attahaa Shaktipeetha Fullora, Amarnath Shaktipeetha, Vaishno Devi mandir and many more. In many mandirs, Ashtakams are recited daily as part of the rituals. These installations of boards by dedicated sevaks united in this great mission share the divine teachings and enhance the spiritual journeys of the devotees who visit these significant places. Furthermore, Kheer Maa Bhavani mandir at Jammu and Kashmir, landmark mandirs of Barsana and Vrindavan, Kaalabhairava mandir of Varanasi, Sharika Mata mandir in Hari Parvat, Srinagar, Kashmir, Jagannath Puri mandir, Vyasaadeva Gufa, Shankaracharya Peeth, Dwaraka, many mandirs in the USA, and numerous other significant mandirs have also warmly embraced these Divine boards.



Visit our YouTube channel and listen to Divine Ashtakams and immerse yourself in their sacred resonance.



Contribute to Mandir Seva as per your heart's desire and willingness. Your support is deeply appreciated and helps maintain the sanctity and vibrancy of our sacred spaces.

Contact us:

+91 8886344222
+91 7506910073

Why 'Himalayan Kids' ?

A Right place for your Kids...

"CATCH THEM WHILE YOUNG"

OUR VISION & MISSION



Himalayan Kids is the first step towards Conscious parenting

Parents give roots and wings to their children

Only Five Minutes with Himalayan Kids everyday can transform your child's life forever

In Himalayan kids Program, kids engage in meditation practices to help develop their potential into that of a "super-kid."



...and our endeavour is to develop all these qualities in your child

LEADERSHIP	BRAIN POWER	CONCENTRATION
IMPROVED SLEEP	MEMORY	KINDNESS
YES TO HEALTHY FOOD	FOCUS	COURAGE
	NO SCREEN	IMMUNITY

'Balayogam and Balabodham Programs'

Super Exciting and Enthusiastic one hour for kids with HM

This highly popular initiative runs continuously, attracting children from various parts of India, US, UK, Denmark, South Africa, Singapore, and beyond. The program offers a diverse range of activities, including Surya Namaskara, Morning Energization, Super Brain Yoga, Mindfulness Meditation, Character Building, Chanting Shlokas, Concentration Building, Time Management, Informative and Captivating Lectures on 'Vedic Bharat's Science and Technology,' Mandir Architectural Marvels, and special sessions on Ramayana, Mahabharata and Shrimad Bhagavad Gita.



Some other activities done by Our kids in Previous workshops

Fancy Dress

Elders' Feet touching & taking blessings

Drawing

Art and skills

Vedic Bharat: Science and Innovations lecture series

Recognition and awards

Chanting

Children have surpassed our expectations in ways beyond imagination. Their adoption of meditation practices has instilled discipline and consistency in their daily routines. They have also mastered the chanting of Shrimad Bhagavad Gita at a young age and enthusiastically upheld 'Bhartiya Sanskriti' centered around gratitude. Our children were captivated by ancient Bharat's advanced technology in the fields of science, mathematics, medicine, mandir art, and architecture. They delved deep into Vedic culture, driven by curiosity and fascination. We take great pride in nurturing the mind, body, and spirit of our children. Upon program completion, the children are rewarded with certificates and medals. This selfless service brings a sense of happiness and fulfillment.

DO NOT FORGET TO GO THROUGH

• HIMALAYAN KIDS ALBUM

• KIDS ACTIVITY AND MEDITATION PROGRAMS



Himalayan Kid's Meditation is a
'LIFE LONG. PRECIOUS GIFT'
that you can bestow upon your child

Contact us:

+91 8886344222

+91 7506910073

Himalayan Meditation Events and Programs

SEVA, SWAADHYAAYA, SAADHANA, and SATSANG are wonderful practices for Spiritual Growth and Inner Peace.

JANUARY

- Makara Sankranti: Morning Surya Dhyana
- Time Management in Yogic Way - 3 Days Program
- Pausa Purnima Yagya
- Ashtakam Paath

FEBRUARY

- Maha Shivaratri - Maha Yagya, Bhajans and Abhishekam, Dhyana
- Anger Management Challenge - 21 Days program
- Leadership Management - 7 days Program
- Magha Purnima Yagya
- Ashtakam Paath

MARCH

- Medha Nadi : Infinite memory and intellect Challenge - 41 days program
- Chaitanya Mahaprabhu Jayanti - Leela Dhyana
- Phalguna Purnima Yagya

APRIL

- Shri Rama Navami Yagya, Mantra Dhyana
- Hanuman Janmotsav - Mantra Dhyana
- Get rid of Insomnia, Sleep Disorder & Bad Dreams - 27 Days program
- Chaitra Purnima Yagya

MAY

- Kill your Inner Enemies - 27 Days program
- No more Alcohol, Tobacco and Nicotine - 41 Days Challenge
- Vaishakha Purnima Yagya
- Ashtakam Paath

JUNE

- Ratha Yatra - Brahmaanda Dhyana
- Panic Attacks, Anxiety, Depression - 41 Days Challenge
- Inner Transformation - 27 Days program
- Jyeshtha Purnima Yagya

JULY

- Capacity and Capability Development - 27 Days program
- Yogic Sleep One step Ahead - 21 Days program
- Guru Purnima (Ashadha) Yagya, celebrations

AUGUST

- Shri Krishna Janmashtami Yagya, Bhajan, Abhishekam, Dhyana, Celebrations
- Kundalini Awakening Raise inner dormant power in 84 Days
- Shrawana Purnima Yagya
- Rishi Panchami - Know Yogi's Sahaja Sadhana

SEPTEMBER

- Third Eye Activation- 84 days challenge
- Bhadrapada Purnima Yagya
- Ganapati Raksha Kavacham Paath
- Mahamaya Ashtakam Paath

OCTOBER

- Nectar of Devotion - 41 Days in Devotional Service
- Kartika month 5 AM Dhyana challenge
- Sharad Purnima - Chandra Dhyana
- Diwali Yagya and celebrations
- Ashwin Purnima Yagya

NOVEMBER

- Kartika month 5 AM Dhyana challenge
- Rewrite Your Past and Deep Cleaning - Sanskara Dahanam in 27 Days
- Kartika Purnima Yagya

DECEMBER

- Gita Jayanti Mahayagya - Sampurna Sanskrit and Santh Saral Gita Pathan
- Overcome Overthinking & Lack of Interest - 21 Days challenge
- Margashirsha Purnima Yagya



HM Events and Programs

To commence your meditation journey, we are pleased to introduce hands-on programs dexterously crafted by Himalayan Rishis. These online programs such as 'Atmashodhanam', 'Abhayadaanam', 'Navanirmanam', and 'Balabodham' comprise of simple yet powerful ancient Vedic meditation techniques, that give both material and spiritual success in your life. Join the ranks of over 2,000 individuals who have actively participated in these transformative programs over the past year and have personally experienced their magnificent effects. Himalayan Meditation offers a unique opportunity to embrace a disciplined life, presenting a rich array of programs for spiritual and personal growth. To delve deeper into this enriching experience please write us at thehimalayanmeditation@gmail.com

Prasadam

Indulge in the exquisite taste and nourishment of Sattvik delicacies, meticulously made without artificial additives. These wholesome foods are composed of pure ingredients, offered to Shri Hari and blessed with sacred mantras. Crafted with utmost love and purity, they are designed to promote your well-being. For more information contact us.

Our events, hosted in various locations including Mumbai, Delhi, Chandigarh, Bangalore, the United States, and Denmark, are dedicated to fostering spiritual and personal growth. They encompass a wide range of enriching activities, including the distribution of Ashtakam booklets. Our calendars provide significant insights into Vedic Bharat. Additionally, we share Himalayan Prasadam, bestowing blessings from this revered region to nurture the soul. Our outreach also extends to educational institutions, where we introduce young minds to mindfulness and inner peace through group meditation sessions in schools, colleges, and corporate sectors. Furthermore, we collaborate with fitness centers, emphasizing the significance of integrating physical exercise with meditation for holistic well-being.

These events reflect our unwavering commitment to spread ancient teachings and nurturing spiritual enrichment within diverse communities.

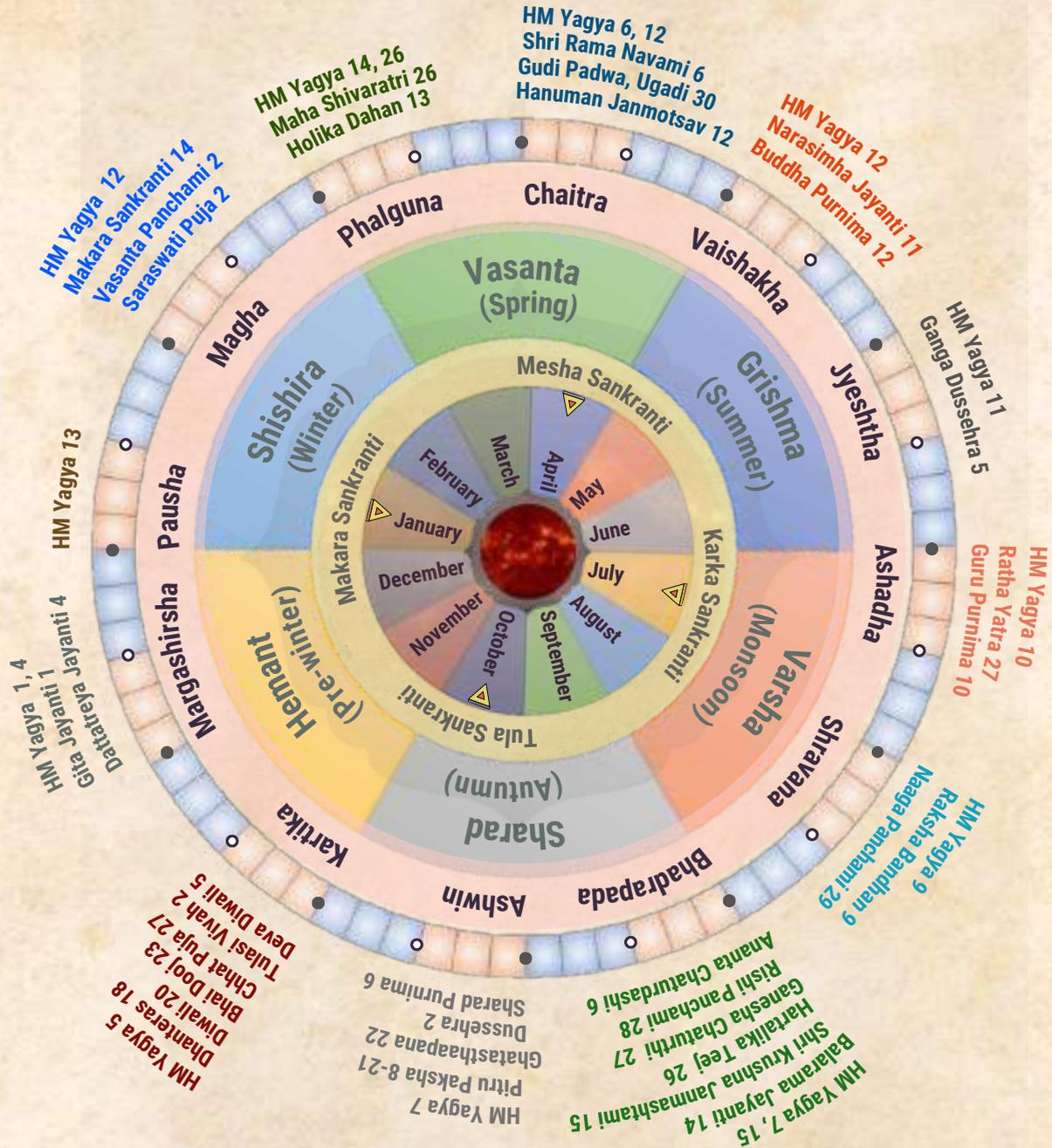
For more information about Events and Programs: [+91 8886344222](tel:+918886344222), [+91 7506910073](tel:+917506910073)

[himalayan meditation](http://himalayanmeditation.com)



Yearly Calendar of Himalayan Meditation - 2025

FEEL THE BLISS, FEEL THE DIVINITY: Seva, Swaadhyaya, Saadhana and Satsang (4S) with Himalayan Meditation



- For more information and offerings please visit our website thehimalayanmeditationadipurusha.com
- Visit our Social Media pages on Instagram and Facebook
- Feel free to donate at your discretion to support our cause, with our UPI ID: thehimalayanseva@sbj
- Contact us:
 +91 8886344222,  +91 7506910073
- Write to us: thehimalayanmeditation@gmail.com, ancient.bharat.calendar@gmail.com



Sacred opportunity to transform your life—
GO BEYOND limitations!

Bless yourself by joining the divine satsang, where you can learn the 'Shrimad Bhagavad Gita' in the simplest way, directly under the guidance of enlightened sages



! लान्गलाल भववतु !