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# THE HIMALAYAN TRADITION

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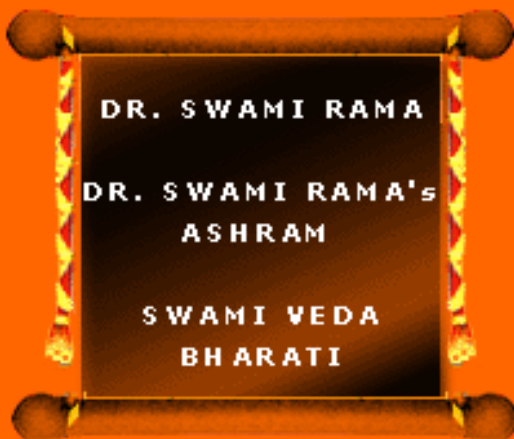
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## DR. SWAMI RAMA

Swami Rama the founder of Dr. Swami Rama's Ashram, a self-realised master. Born in the himalayas, in 1925, he was raised by his spiritual master in the legendary mountain caves where countless generations of yogis have been trained and initiated into the deepest mysteries



of the sacred science of yoga. A monk in the Shankaracharya order, he taught the Upanishads and Buddhist scriptures in his youth and also studied Tibetan mysticism. In 1949 he held the prestigious position of Shankaracharya of Karvirpitham, which he renounced to serve humanity.

Swami Rama's life was a demonstration of the saying, "Yoga is skillfulness in action", and he proved that all sciences and arts are open to an accomplished yogi. He was a philosopher who wrote forty-five books, a poet who translated an epic in three months, a scientist who in 1970 offered himself for experiments at the Menninger Foundation in the U.S.A., an expert in homeopathy and Ayurvedic medicine as well as the martial arts, an architect, sculptor, painter, musician, dog-trainer, bee-keeper, herbalist, horse-trainer, horticulturist and more. Swamiji's work in the United States continued for 23 years and in this period he established the Himalayan International Institute. Swamiji became well recognized in the US as a Yogi, Teacher, Philosopher, poet, humanist and philanthropist. His models of preventive medicine, holistic health and stress management have permeated the mainstream of western medicine. In 1993 Swamiji returned to India where he established the Himalayan Institute Hospital Trust in the foothills of the Garhwal Himalayas. Swamiji left this Physical plane in November, 1996, but the seeds he has sown continue to sprout, bloom, and bear fruit.

Swami Rama left many disciples behind to carry on his work; none equal to his stature. What is most remembered about him is the magnetic power of his spirit, such that as he walked, one felt pulled to follow behind him. The full impact of his legacy will be realized perhaps in a century.

## DR. SWAMI RAMA'S ASHRAM

At the banks of the Holy Ganges, Dr. Swami Rama's Ashram is a flower filled island of peace surrounded by the Himalayan foothills. Here, the personal spiritual centre of Swami Rama still vibrates with the energy bequeathed by the great master.



Sadhana mandir Ashram is an international centre for the study and practice of Yoga & Meditation, and its attendant sciences, texts and philosophies, as has been transmitted in its original purity through the masters in the Shankaracharya monastic orders of Swamis.

Its mission is to re-link yoga to the ancient spiritual lineage through the process of initiation and to re-establish the spiritual context and content of yoga in its original purity. The attendant sciences, texts and philosophies, such as those of the Vedas and Yoga - sutras of Patanjali, are taught in an experiential-meditative context

The Himalayan Tradition is an unbroken stream of spiritual knowledge flowing from the great sages of the Himalayan cave monasteries.

The Tradition teaches specific methods of training the human mind. It awakens the energy called consciousness. The methods are scientific, systematic and internal, culminating in the mystery of initiation, and the direct conferring of the energy of Consciousness to a disciple until one becomes a Master.

### SWAMI VEDA BHARATI

Born in Dehradun, India in 1933, Swami Veda Bharati, current Spiritual Director and Preceptor of Sadhna Mandir, has spent the past 53 years teaching and providing spiritual guidance around the world. He was raised in the five-thousand-year-old tradition of Sanskrit-speaking scholar-philosophers of India, and has taught the yoga-sutras of Patanjali since the age of nine and the vedas since the age of eleven.



Author of the most comprehensive commentary on Patanjali's Yoga-sutras and many other books, Swami Veda is a Poet, scholar, research guide and international speaker par excellence. All of his knowledge has come intuitively, and he has attained the highest academic degrees. In 1969 he met his Spiritual Master, Swami Rama, and was initiated into one of the highest paths of Dhyana-yoga.

He has studied and is well-versed in the scriptures of all religions, understands 17 languages with varying degrees of fluency, which allows him to teach meditation to people of different faiths. As he is familiar with all known meditative traditions and the different schools of eastern and western philosophies, the Buddhist are given Buddhist mantras, the Christians are guided in accordance with the rich Christian meditative and contemplative traditions, and so forth.

Upon meeting him, one is immediately aware that one is in the presence of an extraordinary person who has incorporated spirituality into his daily life, one who can speak with authority and depth about a person's relationship to others, to the events of daily life, and to God.

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