

JOURNEY TO INNER PEACE – SRI LANKA

10—22 August 2016

VISIT BY H.H.SHIVKRUPANAND SWAMI (con't)

H.H. Shivkrupanand Swami is making his first official visit to Sri Lanka from 10—22 August 2016 to offer the people of Sri Lanka his blessings and share the knowledge of Samarpan Meditation.

H.H. Shivkrupanand Swami

H.H. Shivkrupanand Swami is the “Bhagirath” (one who performs a stupendous task) who brought Samarpan Meditation from the caverns of the Himalayas to Society.

In the Himalayas, Swamiji met and accepted several sages, ascetics and Kaivalya Kumbhak yogis as his gurus and served them. Buddhist monks were integral to Swamiji journey to self-realisation.

While obtaining knowledge from each Guru, Swamiji came to know about the meditation technique that paves the way for every soul's path to liberation (Moksha). This meditation technique is beyond religion, race, language and gender; meaning all souls in the world can meditate using this technique.

The objective of Swamiji's life is the spiritual development of all the souls in the world and bestowing the state of liberation on them whilst they are living. That's why he is distributing this priceless knowledge free of cost in many parts of the world.

Swamiji has conducted discourses and spiritual sharings in many countries including the United Kingdom, Australia, Canada, Germany, Singapore, Malaysia, etc. He has also conducted discourses for the members of parliament in Delhi and assisted the Jain monks in India.



(<http://www.samarpanmeditation.org/Centers/Centers.php>)

He began to be known as “Swami Shivkrupanandji”. Guided by his inner voice, thereafter he has conducted series of meditation camps in Maharashtra, Gujarat and Goa. He has also visited UK, Canada, Germany, Japan, Australia, Singapore, France. Thus in the last Six years he has conducted more than 600 camps, where about more than 5,00,000 people have been initiated. Today people meditate in more than 300 meditation centres in India and abroad.

For more information visit:
www.shivkrupanandji.net (<http://www.shivkrupanandji.net>) and
www.samarpanmeditation.org (<http://www.samarpanmeditation.org/>)

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Swamiji's events outside of India are called Journey to Inner Peace. These events have components of exhibitions, discourses and meditation sessions to introduce meditation to the mass. The events are non-religious and people are introduced to the meditation technique for their spiritual progress.

In Sri Lanka, Journey to Inner Peace is proposed to be conducted in three cities: Colombo, Jaffna and Kandy from 10—22 August 2016

Meditation helps everyone to achieve a balanced state and inner peace. Inner peace is obtained when people learn to realise their soul and release their burdens.

For more information, please visit:

<http://www.samarpanmeditation.org/>

A SAMARPAN MEDITATION EVENT

Journey to Inner Peace

AUSTRALIA • SINGAPORE • MALAYSIA

**SATURDAY
17 OCT 2015
14:00 START**

The MAX Pavillion
SINGAPORE EXPO
1 Expo Drive Singapore 486105

FREE ENTRY & NON-RELIGIOUS

Discover yourself and set on a journey to inner peace by participating in this great meditation experience with Shree Swami H.H. SHIVKRUPANAND SWAMI, Founder of Samarpan Meditation.

REGISTER NOW
To register your interest, visit www.journey2innerpeace.com
For more information, email info@journey2innerpeace.com or contact

+65 91236355 (Singapore)
+65 96569121 (Malaysia)

+65 91236929 (India)
+65 96563262 (International)

OUT OF THE BOX

REGISTER NOW

Ministry of AYUSH to Hold Yoga Camp for Parliamentarians From April 27



File Photo: Parliament House (Reuters)

New Delhi: To help members of Parliament channelise their energy for the betterment of their constituency and society as a whole, the Ministry of AYUSH is organising a meditation camp for them in the national capital. Minister of State (Independent Charge) Shripad Yesso Naik said that the main aim of organizing this yoga camp is to make Parliamentarians stress free so they can work in a better way.

"The objective is to help members of Parliament channelize their energy for the betterment of their constituency and society as a whole and make them stress free so they can work in a better way," Mr Naik told reporters in New Delhi today.

The camp is being organised by the government at Morarji Desai National Institute of Yoga in collaboration with Yoga Prabha Bharati (Seva Sanstha) Trust, which is a charitable trust registered in Mumbai.

An invitation has been sent to Prime Minister Narendra Modi also to attend the camp.

"We have invited the Prime Minister also at the event," Mr Naik said.

When asked if the camp will play an important role in changing the Parliamentarians who are often seen as angry and restless, disturbing the decorum in parliament, Mr Naik said,

"Yes of course. Meditation is must for inner peace and for maintaining balance and harmony in life. Politicians have to take crucial decisions for the benefit of the citizens who elect them to Parliament.

"Meditation will make them balanced and positive, so all decisions taken in such a state will be positive and beneficial for the nation. The feeling of insecurity is spread throughout the world and meditation is required for balancing that feeling too," he said.

Parliamentarians and their families will be introduced to Samarpan Dhyanyog by Yogacharya Shree Shivkrupanand Swami who himself will be conducting the eight day camp which will start from April 27.

FROM THE WEB

[Samarpan Dhyanyog is a very simple technique](#) of meditation as it has no yogic postures or breathing exercises.

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