

HIMALAYA TRIP - Oct 16 to Oct 24, 2021

Yoga Niketan Ashram, Hrishikesh

Situated on the banks of River Ganga, we stayed here for 3 days.

Here is a view of River Ganges from the Ashram



The Ashrams is filled with greenery, has 2 meditation halls and an Annadhana Hall

It has lot of accommodation facilities and provides Satvik food that is very tasty.

A view of the road within Ashram @ night is as below



View of Sunrise from Ashram



There are 3 bridges connecting the two banks of the River Ganges – Janaki Jhula, Ram Jhula & Laxman Jhula. View of the Janaki Jhula from the Ashram



Larger Meditation Hall overlooking the River Ganges in the Ashram



A group pic before we started the journey to Babaji Caves



Vashishta Caves

Below is entrance to The Vashishta Caves



From here, you walk down around 300-400 metres to reach actual caves



Here is the entrance to the actual cave. The cave is around 20 feet deep and can accommodate around 20 people at a time.



Master Chandra meditating on the banks of River Ganga near Vashishta Caves



Group Pic outside the entrance to the Vashishta Caves



Ganga Aarti, Hrishikesh

Ganga Aarti is around 30 mins daily ritual that starts around 6 PM and goes till 6:30 PM.



Aarthis in action



Lord Shiva in Meditative pose on the banks of River Ganges



Maharishi Mahesh Yogi Ashram

Also called **Chaurasi Kutiya**, this is the Ashram of **Maharshi Mahesh Yogi**. Its located within a Tiger Reserve area. Filled with 84 meditation chambers and halls, there is also an exhibit area that

demonstrates all the research that was done. It also includes dome shaped meditation cottages. This place is currently maintained by the Government of India

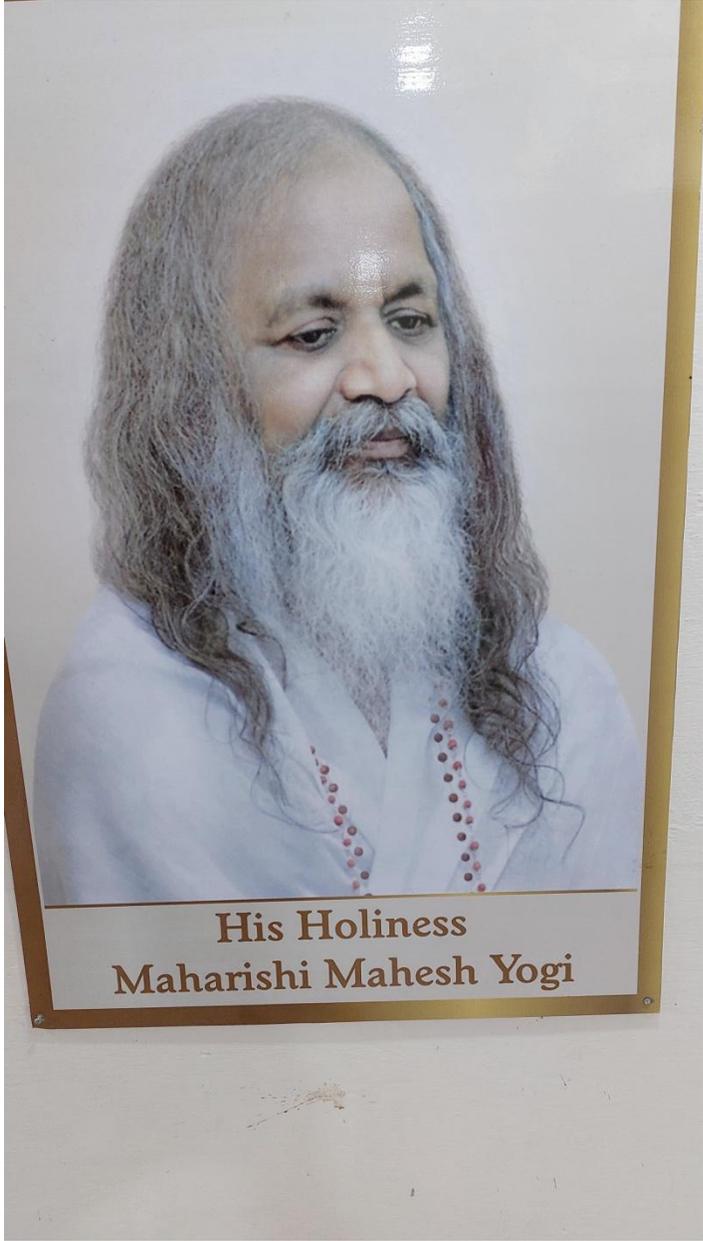


View of one of the Dome Shaped Cottages





Exhibition Area view



**His Holiness
Maharishi Mahesh Yogi**

Maharishi Mahesh Yogi (12 January 1918 - 5 February 2008)

"Generation after generation man is born anew. Each generation gives rise to new aspirations in life and brings a new quest for fulfillment. Each man needs sound physical and mental health, greater ability in action, a greater capacity to think clearly, increased efficiency in work, and more loving and rewarding relationships with others. He needs enough vitality and intelligence to satisfy the desires of his mind and bring contentment to his life. We have seen that all this can be gained through the regular practice of Transcendental Meditation." - Maharishi Mahesh Yogi

Maharishi Mahesh Yogi introduced the Transcendental Meditation® technique to the world over sixty years ago (1955) from the ancient Vedic Tradition—the tradition of the complete and timeless knowledge of Natural Law. Maharishi has brought enlightenment to millions of people. Over seven million people from all cultures, religions, and educational backgrounds have learned the Transcendental Meditation program and its Advanced Techniques.

Maharishi has trained thousands of teachers of the Transcendental Meditation program and founded hundreds of schools, colleges, and universities. His programs are being enjoyed in private businesses, public institutions and by individuals in over 100 countries today.

Maharishi has introduced the knowledge of total Natural Law to make every nation invincible and create a lasting state of world peace.

More than 600 scientific research studies, conducted at over 250 universities and research institutes in 33 countries, document the benefits of the Maharishi Transcendental Meditations™ program for mind, body, behavior and society. These findings document the Transcendental Meditation program to be the single most effective technique available to gain deep relaxation, eliminate stress, increase creativity and intelligence, promote health and attain inner happiness and fulfillment; and that it directly contribute to invincibility for a nation and peace for the world.

Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Program—Collected Papers, volumes 1-7, contains hundreds of peer-reviewed research studies that have been published in over 150 leading scientific journals, including Science, Lancet, Scientific American, American Journal of Physiology, International Journal of Neuroscience, Electroencephalography and Clinical Neurophysiology, Psychosomatic Medicine, Journal of the Canadian Medical Association, American Psychologist, British Journal of Educational Psychology, The Journal of Mind and Behaviour, Journal of Conflict Resolution, Journal of Social Behavior and Personality, Journal of Crime and Justice, Journal of Offender Rehabilitation, Journal of Clinical Psychiatry, and Social Indicators Research.

"Only a new seed can yield a new crop. Only new knowledge, new principles, and new programs can put an end to conflict, sickness, and suffering, and prevent such problems from arising in the future. Only new knowledge can create a healthy, prosperous, harmonious society and a peaceful world." - Maharishi



SECRETARY GENERAL OF THE UNITED NATIONS VISIT WITH THE MAHARISHI



THE LARGEST MEDITATION SESSION RECORDED BY THE BBC



MAHARISHI TALKS TO TOP GOVERNMENT OFFICIALS IN NEW YORK TO DISCUSS THE PRINCIPLES OF VEDIC GOVERNANCE



MAHARISHI WITH THE PARTICIPANTS OF THE FIRST TRANSCENDENTAL MEDITATION TEACHER TRAINING COURSE

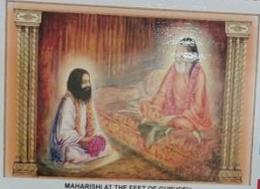
His Holiness Maharishi Mahesh Yogi



SECRETARY GENERAL OF THE UNITED NATIONS VISIT WITH THE MAHARISHI



JUSTICE V. R. KRISHNA IYER OF THE SUPREME COURT OF INDIA ADDRESSING THE FIRST WORLD ASSEMBLY ON LAW, JUSTICE AND REHABILITATION WHICH CONCLUDED THAT THE CRISIS OF LAW COULD NOW BE RESOLVED THROUGH THE SCIENCE OF LAW INTELLIGENCE AND ITS PRACTICAL ASPECT, THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME



MAHARISHI AT THE FEET OF GURBUDHI



MAHARISHI (L) BEHARACHARI MAHESHI HONETS STATE VISIT BY INDIA'S 1ST PRESIDENT DR. RAJENDRA PRASAD TO MAHARISHI'S BAKTERI, THE JAGAD-GURU OF JYOTI-BATI, GURUDAY SWAMI BHAKHARANDI BAKARINATI



THE LARGEST MEDITATION SESSION IN SPAIN RECORDED BY THE BBC



MAHARISHI TALKS TO THE LEADERS, TOP GOVERNMENT OFFICIALS AND VICE DELEGATES IN NEW YORK, 1975 SHARING THE PRINCIPLES OF VEDIC GOVERNANCE



Mary Griffin (The Merv Griffin Show 1970) THE MERV GRIFFIN SHOW, 1970, ONE OF THE THREE EPISODES



MAHARISHI IN THE COVER OF THE MAGAZINE, 1971



MAHARISHI MEETS WITH CANADIAN PRIME MINISTER PIERRE TRUDEAU, 21ST MARCH 1975



MICHAEL COOPER, MICK JAGGER, MARIANNE FAITHFUL, AL VANDENBERG, BRIAN JONES AND THE MAHARISHI



MAHARISHI WITH THE PARTICIPANTS OF THE FIRST TRANSCENDENTAL MEDITATION TEACHER TRAINING COURSE



MAHARISHI WITH THE BEACH BOYS

WHAT MAKES MAHARISHI MAHESH YOGI'S TRANSCENDENTAL MEDITATION UNIQUE

UNIQUE AND EFFECTIVE

The Maharishi Transcendental Meditation program is unique in its simplicity and effectiveness for improving all areas of life simultaneously. Just as watering the root of a tree makes all aspects of the tree flourish, the regular practice of the Transcendental Meditation program enhances every aspect of life.

FUNDAMENTALLY DIFFERENT

The principles and practice of the Transcendental Meditation program are fundamentally different from any other method of mental and physical development available in the world today. It is not a philosophy and does not require specific beliefs, behavior, or lifestyle. No effort is involved in its practice, and it can be easily learned by everyone. It is practiced for twenty minutes morning and evening, while sitting comfortably with the eyes closed.

SIMPLE, EFFORTLESS MENTAL TECHNIQUE

The Transcendental Meditation program is a simple, natural, effortless procedure to take the awareness from the surface active level of the mind to enjoy the more settled state of mind (Transcendental Consciousness), the reservoir of intelligence and creativity at the source of thought. This process can be likened to a river, which naturally and effortlessly flows on to the ocean and gains the status of the ocean.

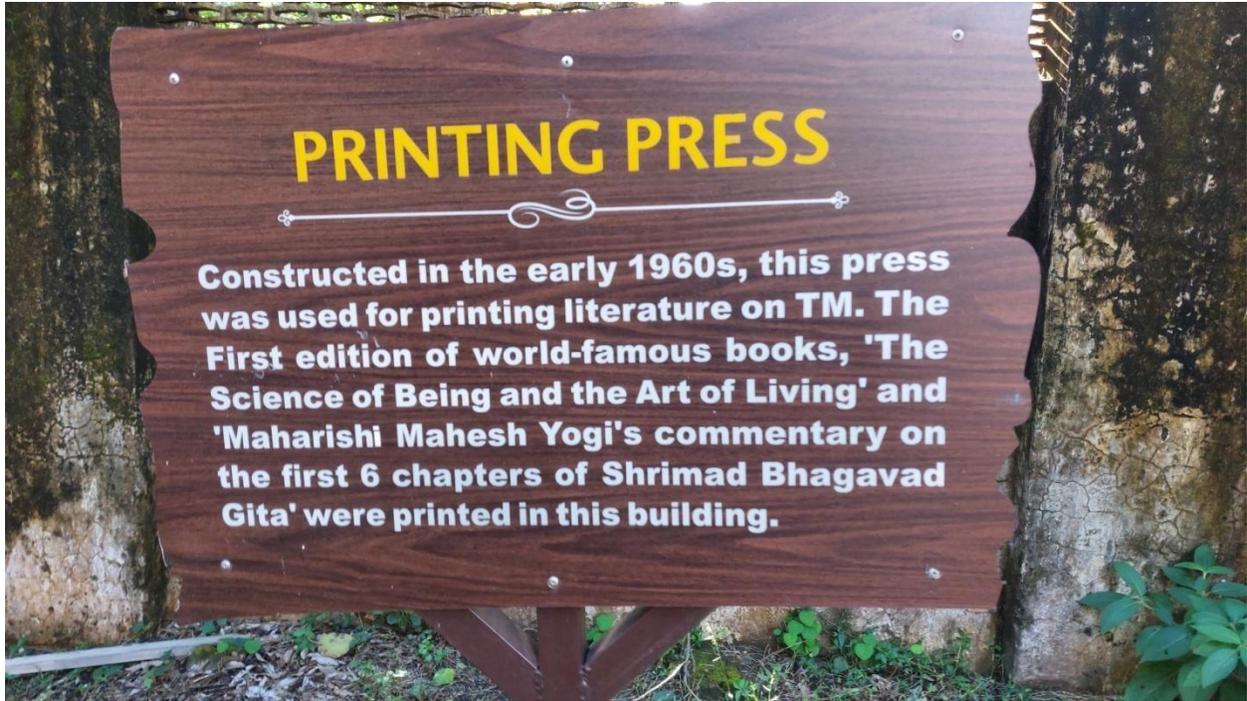
DEEP REST AND RELAXATION

The Transcendental Meditation program, through the experience of more settled states of the mind, brings a state of deep rest and relaxation to the physiology. Right from the first session of the Transcendental Meditation technique, its results start to be felt— Life becomes naturally more blissful, more filled with peace and happiness. The mind, more infused with dynamic silence, becomes clearer, thinking becomes more orderly; and desires begin to be fulfilled effortlessly and automatically.

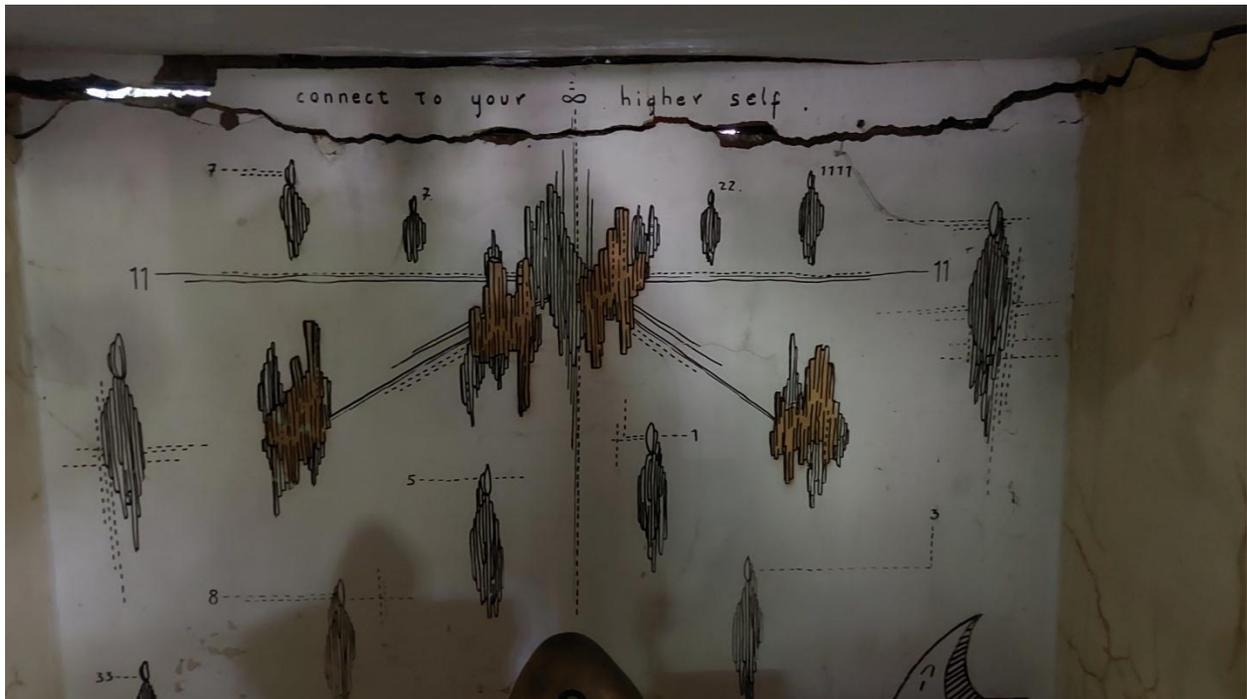
BENEFITS

The benefits of the Transcendental Meditation program are innumerable and profound; it is universally applicable for the well-being of the individual and for society as a whole. Practice of TM improves four main areas of life— mental potential, health & well-being, social behavior, and world peace.









Top of the 84 Chambers



These represent areas where speakers are placed and music is played continuously





Char Dham Pyramid @ Haridwar

Built by PSSM, these are 4 9x9 pyramids built at the terrace of “Sri Kasi Annapurna Vasavi Arya Vysya Vrudha Ashramam & Nityanna Satram” that represent Yamunotri, Gangotri, Kedarnath & Badrinath



Journey to Babaji Caves

We started uphill on 20th Oct morning.

The first stop was at Dev Prayag which is the confluence of two rivers – Alakananda and Bhagirathi. You can notice the differences in the color of the water.





A glimpse while on way to Babaji caves

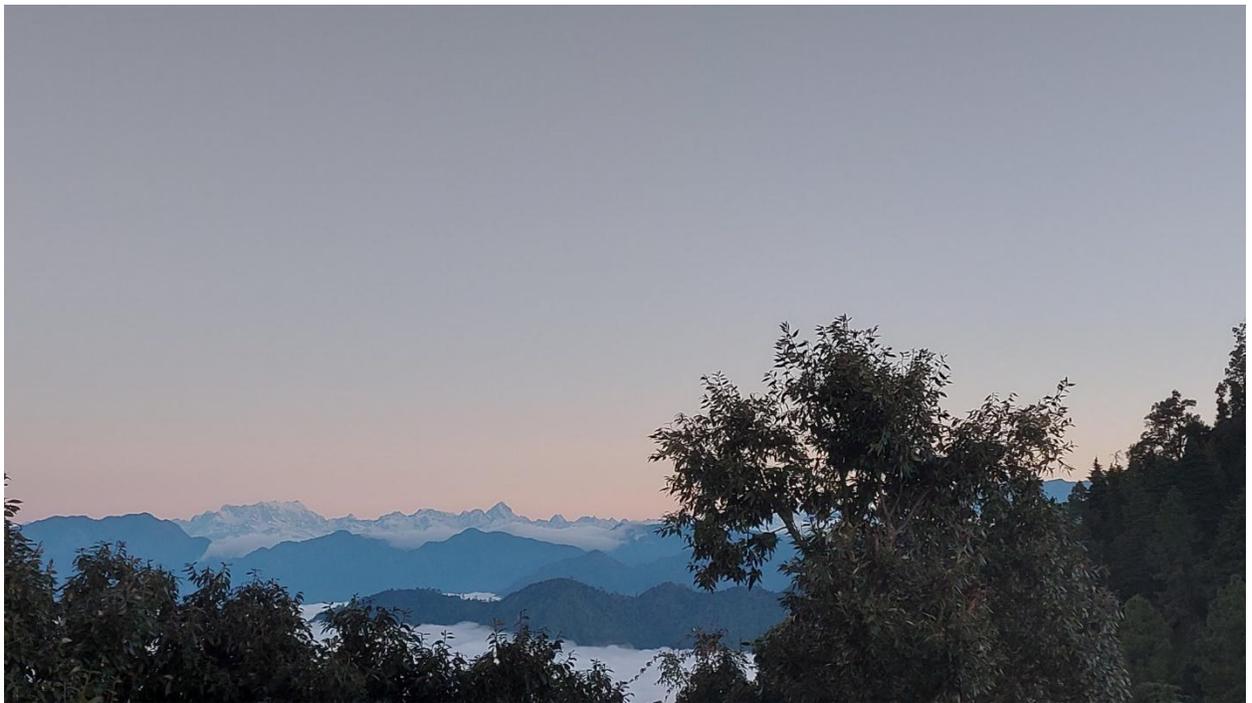








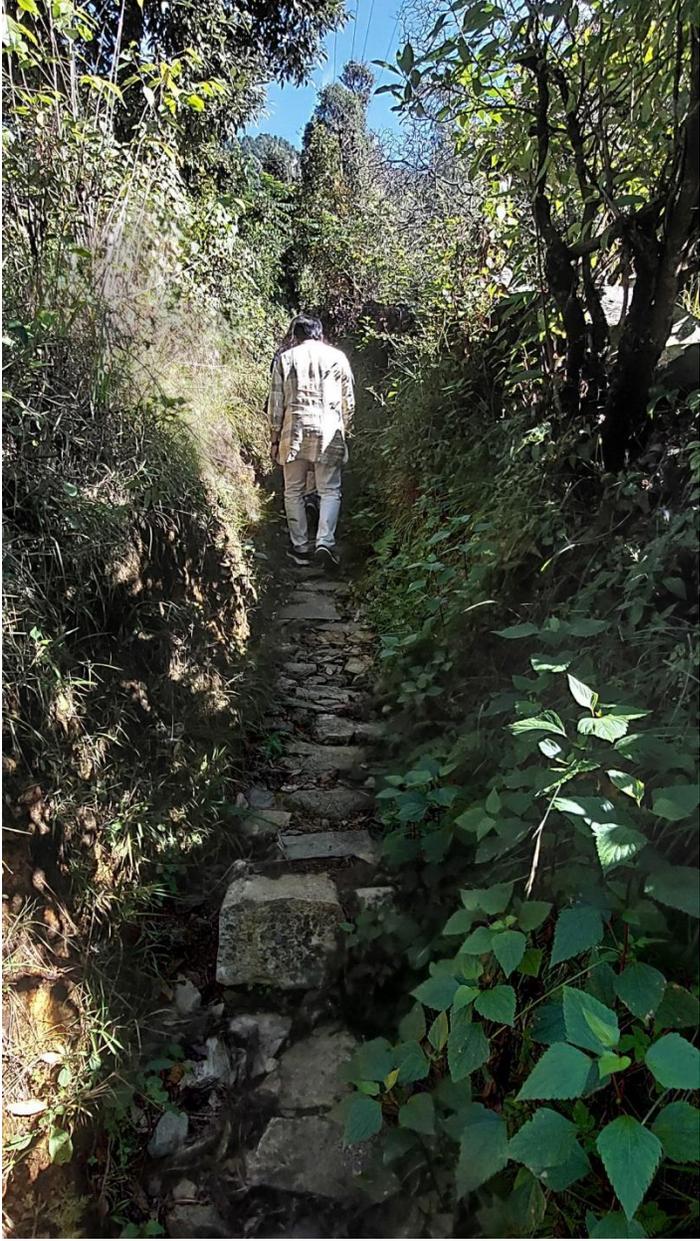
View from Joshi Guest House @Kukuchina (Babaji Caves)





Trek to Babaji Caves













Pyramid Atop Himalayas near Daurahat



PSSM Meditation Center with Accomodation in Himalayas



" Meditation Means Observing Natural Breath "

ध्यान सेवा निःशुल्क सेवा

श्री महा अवतार बाबाजी पिरामिड ध्यान केन्द्र
 SRI MAHA AVATAR BABAJI
 PYRAMID MEDITATION CENTER

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