



His Holiness Vishwaguru Mahamandaleswar Paramhans Swami Maheshwarananda in Australia.

In honour of our beloved Abunathswamiji (Lord of Mount Abu) or Swamiji as he is more widely known, we wish to congratulate and pay homage to one of the world's most loved spiritual leaders, luminaries and authentic yogis in light of his recent receipt of the prestigious award of the Bharat Gaurav Lifetime Achievement Award, presented in London on July 23, 2014 from the House of Commons, British Parliament.

Swamiji, the founder of Yoga in Daily Life and the System, first arrived in Australia in 1991 to give a public lecture in Sydney's CBD. From there a small group of interested people became the first to join what is now a proactive committee of dedicated students that have gradually influenced others through their sharing of the Yoga in Daily Life system which Swamiji has diligently and lovingly developed for the benefit of all humankind.

Yoga Classes run by Yoga in Daily Life Teachers



Swamiji leads stretching practice in Perth



Paramhans Swami Maheshwarananda visits Australia bringing the message of tolerance, respect and understanding. Swamiji is respected by thousands worldwide for his unceasing global humanitarian work and words of timeless wisdom. Swamiji is referred to and formally honoured as an Ambassador of Peace and sage of the modern world by Heads of State, philosophers, scientists and law-makers.

2004 HH Swamiji receives a gift from South Australian Premier, Mike Rann



2004 HH Swami Maheshwarananda and Aden Ridgeway, MP at Darling Harbour



Swamiji has sown the seeds of yoga in diverse fields. From government leaders to the street gangs of Los Angeles, from the homeless of Sydney to the aged in nursing homes, from the United Nations to

warring factions of Eastern Europe, to those seriously challenged by health issues to the everyday mum and dad, child and student. No matter what the audience, Swamiji conveys the timeless teachings of Yoga in a manner that is practical, purposeful and enriching for one's life.

For over 20 years the Australian society has benefited from Swamiji's annual visits, books, DVD's, audio and web casts that promote global peace and harmony through spiritual, physical, mental and social well being. We have truly been blessed with Swamiji's exceptional knowledge of the divine, spiritual guidance, religious instruction, discourses on the Vedas and education on health and well-being. Through the Yoga in Daily Life system, inspirational visits and ongoing support, the Australian community has benefited greatly from Swamiji's positive influence and countless people now practice the yoga and meditation techniques. Dedicated Yoga In Daily Life (YIDL) teachers and practitioners have continued to teach the Yoga in Daily Life System and also to participate in the humanitarian projects locally and in India and abroad to facilitate the vision of world peace and harmony.

The other activities that benefit all and contribute to promoting peace, harmony, tolerance and respect for all religions, cultures, nationalities, creatures and the environment are the Multi Inter-Faith Conferences, Parliament of World Religions, Peace Tree Plantings, school visits, contact with aboriginal and indigenous communities, meetings with government officials and ministers.

Interfaith Dialogues

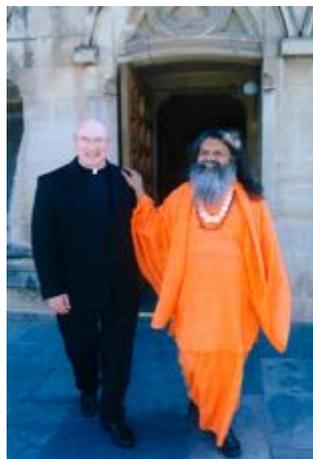
2002 Heads of Christian Churches Adelaide



2002 HH Swamiji Interfaith Meeting



Swamiji with Monsignor David Cappo



2003 World Peace Forum, Darling Harbour, Sydney



2003 World Peace Conference in Sydney



2009 Melbourne Interfaith Conference



International Day of Peace is celebrated across Australia with Prayers for Peace



Peace Tree Plantings in Adelaide with Monsignor David Cappo and Premier Mike Rann.



HH Paramhans Swami Maheshwarananda's guidance has inspired people to follow the teachings, to become sanyasis and YIDL teachers to share and extend this knowledge to others in all areas of the Australian community.

Over the years in Australia, Yoga in Daily Life, The System and teachings have been taught to countless students through yoga classes, courses, workshops, retreats, yoga teacher training, regular satsang and spiritual gatherings, including:

- Stress management for corporate sector and local council employees
- Students in primary, secondary school, colleges and university assisting them with developing greater physical strength and agility as well as helping to improve concentration and attention
- People with physical and intellectual disabilities, and cognitive impairment
- For mental health issues which has assisted people with depression, anxiety and schizophrenia

- Cancer care support groups during recovery after surgery and treatment to help instil hope and greater inner calm
- Heart and lung transplant patients during their rehabilitation
- Male and female inmates during their rehabilitation and personal development programs within the prison system
- Prison officers for stress management
- People who are homeless

It has also been shared more broadly within the community during:

- Free Yoga in the Park sessions, which became popular in most capital cities
- Yoga for children, which has assisted young ones with ADHD, behavioural and sleep problems
- People with back and neck problems
- Expos such as Healthy Lifestyle, Cruelty Free Lifestyle, Vegan, Mind Body Spirit, and Sustainable Living Festival
- Local community fairs and events
- Conferences within the not for profit sector and fitness industries
- The airing of Yoga in Daily Life The System as free yoga classes on the community TV channel 31 weekly for 3 years
- Presentations at the Parliament of Worlds Religions
- Promotion of vegetarianism and non-cruelty to animals

2009 Ayurveda Yoga Australia (AYA) Ayurveda & Yoga International Conference opening ceremony in Sydney

AYA promotes all aspects of authentic Ayurveda and Yoga. Swamiji is the AYA patron of Yoga.



2009 Parliament of World Religions Melbourne



Swamiji has a natural affinity with animals and works continuously to ease their suffering through special initiatives and programs and practising vegetarianism.



A singular feature of Yoga in Daily Life is the Self-Enquiry meditation technique, that assists individuals to develop an awareness of the importance of their positive contribution to society and thus the world at large. Self-Enquiry meditation raises awareness of the collective need to respect and care for each other, the environment, and all living beings.

Through the teaching of Yoga in Daily Life hundreds of individuals have also been inspired to volunteer their time, energy and/or resources to improve living conditions and give hope to thousands, to assist with humanitarian projects and fundraising such as;

- remote rural community schools for childhood education in Rajasthan India and further college education
- for hospitals and sustainable agricultural projects
- natural disaster relief, such as after the Orissa cyclone, tsunamis and earthquakes that have shattered the lives of so many people around the world.
- Temples and places for spiritual rejuvenation
- animal welfare
- water harvesting and giving access to clean, safe drinking water.

Many Karma Yogis have worked tirelessly in the yoga centres in Australia and also some have spent extended time in Jadan and devoted their lives to seva (self-less service) and the building of the Om Vishwa Deep Gurukul Swami Maheshwarananda Ashram. Another one of Swamiji's initiatives recently was to promote the YIDL system in Fiji and support the local communities.

Swamiji has been a great motivator of human potential and the natural impulse to help improve the lives of others. He has inspired numerous individuals to improve their own lives, through the time tested traditions of yoga and meditation, and through the benefits they have gained to share their experiences and knowledge with others, in so doing he has reached thousands across the globe.

The public talks and workshops with Swamiji are a precious opportunity to gain inspiration and to be uplifted by the heart of an enlightened soul. Swamiji says 'If you want peace in the world, first you must have peace within. Peace begins in your own heart.'

Swamiji gives satsang and public lectures all over Australia

Adelaide



Gold Coast public lecture and meditation



Satsang for 70 members of the Indian evening. Community in Melbourne.



2011 Journey for Peace and Friendship Swamiji travelled with a group from Adelaide to Uluru to honour the ancient wisdom and living culture of the Aboriginal Peoples of Australia. Sharing meals and stories with local people at places such as Port Augusta, Coober Pedy, Marla, Alice Springs and Yulara in the spirit of reconciliation and healing of the land. The tour was guided by Andrew Japjarri Spencer, Traditional Owner and Elder of the Warlpiri people. He presented Swamiji with a traditional dot painting of his family's Dreaming in gratitude and honour of his visit.

The group at the salt lake.



Swamiji receiving the sacred art from Japjarri



with Swamiji near the Dhuni fire.



Group camping in remote Australia Swamiji with Uluru behind blessing the land and its people.



Yoga Classes run by Yoga in Daily Life Teachers



Swamiji gives asana instruction in Perth



2001 Tauondi College, Adelaide meeting with the Director, staff and students.

Tauondi College recognises and values Aboriginal cultural diversity and incorporates this culture into the curriculum. Swamiji presented the college with a World Peace Tree for planting.



All the activities that Swamiji promotes and endorses and that have improved the lives of so many are of great benefit to mankind and they promote higher principles in humanitarian, physical, mental, social and spiritual consciousness that ultimately creates a better world and more awareness of the purpose of human life.

We humbly acknowledge and are deeply grateful that Australians have had the good fortune to meet His Holiness Vishwaguru Mahamandaleswar Paramhans Swami Maheshwarananda and the opportunity to be a part of the higher divine vision and hope to continue to expand Mahaprabhujis light in Australia.