

India Herald

VOL. 15 NO. 41 • WEDNESDAY, OCTOBER 14, 2009 • P.O. BOX 623 • SUGAR LAND, TX 77487 • PERIODICAL PERMIT USPS 017-699 25 C

Swami Ramdev opens up Patanjali Yog Peeth membership to all

HOUSTON

Swami Ramdev of Patanjali Yog Peeth, Haridwar, announced in Houston last week that the construction of the proposed international yog and Ayurvedic research center in Houston will begin next summer.

During his whirlwind tour, Swami Ramdev held a meeting with Patanjali Yogpeeth Trustees, board members, advisors, members and Yog teachers in Houston on Oct. 9 and 10.

At the conclusion of the meeting, Swami Ramdev said the first phase of the center in Houston would require an estimated \$5 million.

He expressed confidence that Houstonians and other supporters in the U.S. will generously contribute to the project.

Members of the Patanjali Yogpeeth Trust Houston, Inc. led by Swami Ramdev, sanctified a 94-acre ground in Rosenberg near Sugar Land last year for the proposed yog and Ayurvedic research center. Swami Ramdev urged everyone to contribute so that center could be opened "as soon as possible."

Swami Ramdev also formally inaugurated Divya Products at 5901 Hillcroft, Suite C2A, Houston, Tx 77036. An Ayurvedic doctor will also be available for consultation in Houston shortly, he said.

Now, Yoga books, DVDs, CDs and herbal supplements from Patanjali Yogpeeth and Divya Pharmacy are available at this store. The products are available online at www.DivyaProducts.Com.

Meet Agrawal, who manages the store said, "We are very fortunate and blessed to have Houston as the central location for Swami Ramdevji's mission to spread Yoga and Ayurveda in the U.S. There are already many people here who watch Swamiji daily on Aastha and ZeeTV, but for many of them, the only way to get the Ayurvedic Herbal supplements Swamiji talks about is from India. We are looking to fulfill that void by making these products accessible to everyone starting with our retail center here in Houston."

Swami Ramdev also announced a new membership program in USA for everybody to join the Patanjali Yogpeeth (USA) Trust movement.

With a one-time donation of \$101, one would become a general member. The member will receive "Jeevan Darshan" book, monthly magazine "Yog Sandesh" will be sent to all members electronically every



Swami Ram Dev at a public reception held at the BAPS Swaminarayan Temple in Stafford.

month. All members will be informed of Ashram's new literature, new projects etc. All members will be invited to join with family to future Patanjali Yogpeeth public programs and Free Yog Classes.

Earlier on arrival, Swami Ramdev was accorded a public reception at the Bochasanwasi Akshar Purushottam Swaminarayan Temple in Stafford near Houston.

During the camp, Swami Ramdev said everybody talks about "breathing exercise" as one has to simply inhale and exhale air.

There are certain techniques and they have to be timed appropriately so that the exercise becomes effective, he said.

Swami Ramdev explained eight different breathing techniques under the broad category of "Pranayam" which involves inhalation of adequate oxygen as well as exercise to internal organs like the stomach, liver, pancreas, prostate, esophagus, heart, lungs, and brain.

No one particular technique can cure all the ailments and each technique is prescribed for certain ailments and for the health of certain organs.

The yog helps one to live a healthy life and it provides both physical and spiritual relief and helps maintain mental peace, relieving stress, the root cause of most ailments, Swami

Ramdev said.

Swami Ramdev also predicted that in 25 years yog will become a established all over the world and its practice will be widespread.

To lend support to Swami Ramdev's aspiration of Yoga exercises in schools, Texas State Rep. Al Edwards, (D-Houston), who attended the yog camp at Texas Safari Ranch in Richmond on Oct. 10, said he would take up the cause in the upcoming Texas Legislature.

Edwards said he would vigorously promote the idea of introducing yoga exercises in Texas public schools.

Vandana Jaiswal, Yoga instructor from Oklahoma City, said, "The camp was very helpful in refreshing what all we had learned in Haridwar. We also had an opportunity to interact will other teachers and share our experiences. This is important keeping in view the road ahead Patanjali Yog Peeth desires to walk. Swamiji's speeches were very inspiring and insightful. I have started appreciating them much more now after experiencing Yoga myself. I hope the camp is organized every year."

Swami Ramdev also delivered a message for Diwali. Apart from the celebrating the triumph of good over evil, the festival of lights symbolizes the joyous occasion of the re-

Ayurvedic and herbal medicine store opens



Swami Ramdev inaugurated the first Divya Patanjali Products store in North America at 5901 Hillcroft, Suite C2A, Houston, on Oct. 9. Above, Shekhar Agrawal and Ruby Agrawal help with the ribbon-cutting by Swami Ramdev. The Ayurvedic Herbal supplements Swamiji talks about are normally available only in India. These products will now be available in the retail center in Houston. Anyone in the U.S. can get the same products at the online store www.divyaproducts.com.



Texas State Rep. Al Edwards with Swami Ramdev during a morning Yog camp at Texas Safari Ranch in Richmond.

turn of Lord Ram to Ayodhya after 14 years of exile.

Swami Ramdev said everyone should make one's body an "Ayodhya" and install Lord Ram at the center of the body, namely heart, thus following the noble values that Purushottam Bhagwan Ram stood for. Reduce the evil in one's body, both mentally and physically, gradually as human being is prone to fall again and again. Good and evil always co-exist and the human being should always strive for the good, Swami Ramdev said.

It is imperative that one always tries to choose the right

things to eat and live life the right way, he said.

The yog plays a critical part in shaping healthy body and mind and it calls for no expensive equipment other than the willingness of an individual to continuously practice it, Swami Ramdev said.

Swami Ramdev's Divya Yog Mandir Trust and Patanjali Yogpeeth in Haridwar, India, established 15 years ago are institutions for scientific research and treatment with Yog, spiritualism and Ayurveda, where more than two million people are treated every year.

—SESHADRI KUMAR