

SRI SWAMI MADHAVANANDA
WORLD PEACE
IN YOUR HANDS
WORLD PEACE COUNCIL



MORE INFO:

SRI SWAMI MADHAVANANDA WORLD PEACE COUNCIL (SMWPC)
 in Special Consultative Status with the Economic and Social Council
 of the United Nations (ECOSOC)
 Trubelgasse 17-19, A 1030 Vienna, Austria- ZVR 197481066
 council@worldpeacecouncil.net | www.worldpeacecouncil.net

Yoga In Daily Life- a Path to Non- Violence and World Peace • World Peace Council Conference, Prague



YOGA IN DAILY LIFE
 — a Path —
 to **Non-Violence**
 and **World Peace**



PRAGUE 2016



YOGA IN DAILY LIFE
a Path To
Non-Violence and World Peace
PRAGUE 2016



World Peace Council Conference

04th December 2016, Lucerna Great Hall, Prague

A Path to Non Violence and World Peace


“One in all and all in one.”- H. H. Sri Swami Madhavananda



HE Krishan Kumar
Ambassador of India, Prague



Vasundhara Raje
Honourable Chief Minister of Rajasthan


भारत का राजदूत
प्राग
AMBASSADOR OF INDIA
PRAGUE

03 November 2016


Message

I am delighted to learn that the Sri Swami Madhavananda World Peace Council (SSMWPC) is organizing World Peace Council Conference in Prague on December 04, 2016.


The theme of the Conference, “Yoga for Non-Violence and Peace” underlines the contribution that Yoga can make towards promoting non-violence and peace in a strife-torn world.

Yoga has been practiced in India for centuries, even before Patanjali codified the yogic practices into his well-known work in Sanskrit known as “Yog Sutras”. India believes that even though Yoga originated in India, it is the common heritage of the entire mankind. Yoga promotes inner harmony and peace not only within the individual but also between individuals and in the society and the world at large.

It is gratifying that SSMWPC is striving to spread the message of non-violence and peace through the popularization of Yoga. I wish the Conference all success in this noble endeavor.


(Krishan Kumar)

Milady Horakove, 60/93, 170 00 Prague 7 (Czech Republic)
Phones (+) (420) 257 533 490; Fax (+) (420) 257 533 378
Email : amb.prague@mea.gov.in

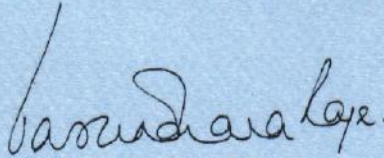

VASUNDHARA RAJE
CHIEF MINISTER RAJASTHAN

Message

It is good to note that Sri Swami Madhavananda World Peace Council is organizing the World Peace Council Conference in cooperation with Vishva Guru Deep Hindu Mandir on the theme of Yoga for Non-Violence and Peace on December 4, 2016 at Prague, Czech Republic.

I am sure that the discussions during this gathering of intellectuals and peace-mongers would help creating a positive environment throughout the world political scenario. The participants would get a new insight to raise awareness on the role of yoga in promoting non-violence.

I wish the Conference the very best.


(Vasundhara Raje)





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Vivek Ojha

Chairman, Vishwa GuruDeep Hindu Mandir
Czech Hindu Community

It has been an immense privilege that our Vishwa Guru Deep Hindu Mandir – Czech Hindu Community society could partner with Sri Swami Madhavananda World Peace Council to organize the Yoga for World Peace and Non-Violence international conference in Prague, Czech Republic on December 4, 2016.

First of all, I would like to thank His Holiness Vishwaguru Paramhans Swami Maheshwarananda for initiating this series of conferences organized around the world by Sri Swami Madhavananda World Peace Council. It has been a unique opportunity for international leaders and experts from around the world to discuss world peace and exchange ideas on how to make happen the message of peace and non-violence promoted by Mahatma Gandhiji and His Holiness Sri Swami Madhavanandaji.

One of the aims of our organization, which was founded by His Holiness Vishwaguru Paramhans Swami Maheshwarananda, is to support Hindu religion and culture in the Czech Republic and internationally. Why does a Hindu organization co-organize a conference about yoga? The reason is simple: yoga and Hinduism share many common values and principles including non-violence (ahinsa) and peace, to name just the two related to the topic of the conference.

Vishwa Guru Deep Hindu Mandir – Czech Hindu Community is a religious society but the principles and values that Hinduism and our society promote are universal. On a personal level, they include truth, wisdom, self-control, peacefulness, love to all living beings, compassion with and help to those suffering, humbleness, selflessness and many other qualities that constitute essential pillars of all existing religions. Beyond personal level, we consider all religions equal and to be different paths to the same, one God.

Yoga is not a religion, it represents the original balancing principle which promotes non-violence and peacefulness. I am persuaded that to achieve peace in the world, we have to start by achieving peace, inner peace, ourselves. To achieve inner peace, we have to renounce our negative qualities, such as anger, greediness, proudness or jealousy. We have to embark on the journey, a difficult but fascinating one, of self-discovery. It is a challenge for us to work on improving ourselves every day but it is worth the effort.

It is a privilege for Vishwa Guru Deep Hindu Mandir – Czech Hindu Community to co-organize this conference since we hope that it will create a platform to exchange ideas and share experiences with the use of yoga and the universal yoga principles to make this world a peaceful and non-violent place for all living beings.

The conference aims to provide a platform for respectful dialogue of people of various races, religions and expertise. I hope that all speakers and participants will find the conference useful. I also hope that it will inspire all of us, in our personal and professional lives, to continue doing our best to foster peace and harmony in this world.

Finally, let me wish this conference every success and I look forward to meeting with you here in Prague and on other occasions.



Ashok Ji Gehlot

Ex- Chief Minister of Rajasthan



ASHOK GEHLOT
Ex-CHIEF MINISTER
RAJASTHAN

Message

I am glad to know that Sri Swami Madhavananda World Peace Council is organizing a conference under the title “Yoga for Non-Violence and Peace”.

Yoga and Non-Violence are both immortal gifts which India gave to the world. Yoga is known since the time immemorial to help people in achieving inner peace and self-satisfaction. Non-violence is a gift of Mahatma Gandhi to the whole world. Both are important in creating a lasting peace in the world and aim at making the world a better place to live in. In this age of commercialization and materialism it is very hard for anybody to be detached from the world and this attachment is the root cause for the conflict nowadays. Increased arms race, terrorism and other violent methods are more common. It is time that the world should be again reminded of Gandhiji's concept of non-violence which is the true base of positive change in the world.

I convey my best wishes for the success of the conference.


(Ashok Gehlot)





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SDG 8: Promote inclusive and sustainable economic growth, employment and decent work for all:

The OM Ashram, Vishwaguruji's most prominent undertaking, situated in Jadan on an area of approximately 250 acres, is not only home for many of the SSMWPC's philanthropic projects, but it is an institution that has massively contributed to decent job creation; the promotion of sustainable tourism that creates jobs; the promotion local culture and products; and the preserving of ancient handicrafts, arts and technologies since the early 1990s.

SDG 15: Sustainably manage forests, combat desertification, halt and reverse land degradation, halt biodiversity loss:

The SSMWPC runs a number of programmes that are related to the 15th Global Goal. The most prominent ones are “Save the Birds & Bees” and our Tree planting initiatives. The former is an awareness campaign for endangered species to mobilize financial resources; to conserve biodiversity; to protect migratory birds and combat bird hunting, the latter is joint Forestation and Tree Planting programme, a Voluntary Commitment with Yoga in Daily Life that we pledged at the United Nations Conference on Sustainable Development, in Rio, 2012.

Inspired by messages of Holy Guruji and Mahatma Gandhiji, the SSMWPC has contributed to world peace with International Peace Forums, Conferences, Peace Prayers and Peace Tree plantings for well over fifteen years.

Major World Peace Summits, under the organization of SMWPC, were attended by global political, spiritual and academic leaders and opinion-shaping personalities in 2002 Vienna, Austria; 2003, Sydney, Australia; 2004, Brno, Czech Republic; 2005, Zagreb, Croatia; 2006, Ljubljana, Slovenia; 2007, Bratislava, Slovak Republic; 2008 Wellington, New Zealand and in 2009, Szombathely, Hungary.

On 2nd October 2015, the United Nations Offices of Vienna (UN Vienna) hosted SSMWPC's conference titled “Yoga - a Path to Non-Violence and World Peace” in the presence of more than 200 delegates, primarily UN officials, representatives of NGOs and the academia to commemorate the International Day of Non-Violence. The event was organised to mark the 70th anniversary of Vishwaguruji's incarnation and of the formation of the UN.

On behalf of the members of the Sri Swami Madhavananda World Peace Council we should like to thank Vishwaguruji, all over again, for creating this platform where we all may find our ways to weigh in on the well-being of mankind and on the harmonious co-existence with both fellow humans and animals.



Prince Alfred von Liechtenstein

Chairman, Advisory Board International Peace Foundation

We believe that peace on earth is possible. We further believe that we can make the world a better place - for each and all of us.

We are convinced that both will happen once we transform ourselves in accordance with the principles laid down in the encompassing system of true Yoga and if we share our resources as well as work together hand in hand towards these ends.

We are further convinced that to heal our deficiencies, to settle our disputes and conflicts and to end violence and wars it needs our sincere individual daily efforts, mutual respect, understanding and support as well as patient dialogue.

We believe that we are all creatures of one and the same God, and united in this spirit as one human family we will be able to create together a new way of living on this Planet – a common “Culture of Love, Peace and Reverence for the Creation”.

We further believe that love and peace has to grow from the inside out, from the bottom up – it starts in our hearts and in our relationships with our spouses, partners, children, families, neighbors and co-workers.

We know that making the first step is always the most difficult part – but our deep trust in God and the divine spirit within us, and our dedication to peace gives us the strength to start this long journey.

We trust that the principles of Yoga can serve as the core of a basic “constitution” for each community, small or big, which is willing to build up such a “new” culture.

We are convinced that through true Yoga, its principles and rules we will start to deal with one another and with nature in a new and better way; we will rebuild and revitalize our relationships, families, workspaces, communities and societies; we will create together a new global culture which respects our diversity and differences and at the same time provides a common ground for all of us; and finally, we will learn to speak to each other in a new common language - the language of the heart.

We are further convinced that the daily practice of true Yoga will enable us as humanity to start anew and to succeed in making together a substantial cultural shift and transformation to reach the next level of human evolution.

Therefore, today we are calling on the people of the world to awake and start a fundamental new approach to life, to settle their disputes and conflicts and to heal individual, social, economic and cultural deficiencies by launching a major offensive of love, peace and wisdom in the world.





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Alenka Smerkolj


Minister For Development, Strategic Projects & Cohesion
Republic Of Slovenia



Swapnil Kothari

Founder Chairman & Managing Director
Renaissance- Indira Group

 REPUBLIC OF SLOVENIA
MINISTER FOR DEVELOPMENT,
STRATEGIC PROJECTS AND COHESION



Ljubljana, 9 November 2016

Respected initiator of Sri Swami Madhavananda World Peace Council
Vishwaguruji Maheshwarananda,

Please allow me to express my gratitude to you for convening such a significant and timely conference this 4 December 2016. I firmly believe that bringing together this influential audience to discuss and consider the topic of world peace in close connection with non-violence and the importance of fundamental interrelations is a step in the right direction.

Regardless of what particular role each of us has in the societies in which we live and work, one thing is certain: we live in a world that is increasingly turbulent, uncertain, novel and ambiguous – more so than ever before. Linear answers can no longer address the challenges that we face daily. Our goals can only be met if we create resilient societies with the ability to adapt while focusing on the shared vision of peace and well-living.



This is why the Government of Slovenia has decided to initiate a process of designing a new vision for our country, together with our citizens. Over recent months, we have worked tirelessly together with hundreds of Slovenians to define our whole-of-society vision. This vision is now guiding the setting of our strategic development priorities, which will lead us toward designing Slovenia's development strategy.

Moreover, Slovenia wants to be a responsible *global citizen*; while we are setting our own path towards well-living, we are acutely aware of our shared responsibility for global peace and prosperity. This is why our national development strategy will address our commitment to implementing the United Nations Agenda 2030 for Sustainable Development. In fact, Slovenia is a pioneering country in that it officially recognized Sustainable Development Goals as being an integral part of our development plans.

Peace is never achieved without good intentions and cooperation with others and, even more importantly, coherence with one's self. All of us need to recognize the responsibility of our own roles in achieving peace and other global goals. However, this can only be possible if we ourselves are self-aware and ready to become active agents of the goals we are set to achieve.

Please accept, Respected Initiator, the assurances of my highest consideration.

Yours sincerely,


Alenka Smerkolj
MINISTER


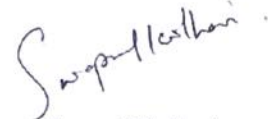
Respected Vishwaguruji Maheshwarananda
Sri Swami Madhavananda World Peace Council
V I E N N A

SWAPNIL KOTHARI
Founder Chairman & Managing Director

Indore Indira Business School | Indore Indira School of Career Studies | Indore Indira Institute of Business Management | Renaissance College of Commerce & Management | Renaissance Law College | Renaissance Institute of Professional Studies | DNN Times | SR TV

My Humble Salutations at the Divine Lotus Feet of the Divine Cosmic Vishwaguruji,

I congratulate SSMWPC for their committed efforts to unite the strength to maintain World Peace. Just as people with bad intents and selfish greedy motives have united to cause havoc in this world, I strongly believe that if the good peaceful people of this world are united, world peace is the resulting product of that unity. Trust me; SSMWPC has made a difference in the world by becoming more racially sensitive, thoughtful and aware. I personally feel that Vishwaguruji has given us all a chance to get Rooted, to Reflect and to Rise by planting the little seed of yoga and non violence in our conscience which is sprouting and growing into a powerful force within us leading to world changing fruits. I wish Excellencies, honorable foreign and national speakers, distinguished guests, ladies and gentlemen, great success in your works.


Swapnil Kothari

45, Anurag Nagar , Behind Press Complex, Indore M.P. INDIA- 452001. Phone No. : 0731-4262100,101
E-Mail : info@rccmindore.com Fax No. 0731-2578163
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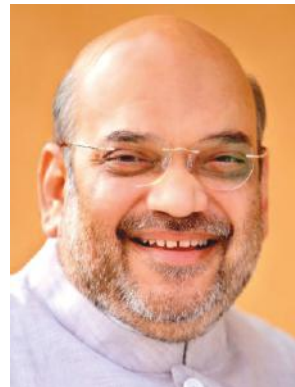


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Amit Shah
President, Bhartiya Janta Party




Kailash Vijayvargiya
National General Secretary
Bhartiya Janta Party


भारतीय जनता पार्टी
Bharatiya Janata Party


AMIT SHAH
President BJP

Throughout history, “Wisdom”, “Meditation” and “Yoga” have functioned as keys to open our hearts and clear our minds for inner peace. It is essential to bring awareness to every part of our physical and spiritual being, allowing us to feel truly alive and to embody the peace of the present moment. VishwaguruJi’s determination, dedication, enthusiasm, thought process and ideology deserves huge applause and it will definitely be helpful in fulfilling the objectives of the World Peace Conference. I congratulate all the pioneers of SSMWPC who are pushing the human belief from violence to non violence and help them lead a peaceful life.


AMIT SHAH

११, अशोकन रोड, नई दिल्ली-११० ००१, दूरभाष : २३००५९०० फेक्स : २३००५९८९
11, Ashoka Road, New Delhi-110 001, Phone : 23005700 Fax : 23005787


KAILASH VIJAYVARGIYA
NATIONAL GENERAL SECRETARY



BHARTITA JANTA PARTY

::MESSAGE::

My Heartiest congratulations and best wishes to Vishwaguru Paramhans Swami Maheshwarananda Ji for embarking upon another year of progress, achievement and service towards Non Violence and World Peace. Your initiative and action has raised the hope in millions, of living a life in a peaceful world. Yoga is something really magical and it conquers the violent motives and emotions to a great extent. All the members of SSMWPC are agents working for bringing the positive change across the globe and we truly respect you and your work.

Faithfully Yours

(KAILASH VIJAYVARGIYA)

11, ASHOKA ROAD, NEW DELHI-110001 PHONE: 23005700, FAX : 23005787
B-10, SWAMI DAYANAND MARG, BHOPAL (M.P.) 0755-2440801





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PaedDr. Alena Gajdůšková

Member of the Parliamentarians for Nuclear Non Proliferation & Disarmament
Czech Republic



Prof. Dr. Péter Földesi

Rector, Széchenyi István University

Respected friends, brothers and sisters,

Hearing the news about destroyed towns, dead civilians, suffering women and children in current war conflicts, big migration waves that are a big source of suffering for migrants and not a small problem for western democracies, more and more often comes to my mind the line from Sri Swami Madhavananda: “There is only one God – universal God; only one religion – humanity; and one nation – humankind.”

My strong wish is that this deep wisdom becomes universal, that humanity finally understands. When people finally understand this, it will become impossible to manipulate them and nowhere on this planet will it be possible to drive them with a gun in their hands against their brothers and neighbors for someone’s selfish power interest.

Yoga leads us to perceive the universe as one, including ourselves; to being in peace with ourselves and thus with all living beings. We should utilize this if we wish for world peace.

I am really glad that this message will be spread this year from Prague. It will come from the place from where already in the 15th century, Czech King George of Podebrady sent a peace delegation with the proposal to arrange the world in order to stop the brutal killing and struggle of the wars at that time. Another five hundred years later, again in Prague, American president Barack Obama expressed his vision of a world without nuclear weapons, so as to free the world from the current biggest global threat.

I express my thanks to the organizers of the conference and to all their supporters. The more people strive towards peace, the more people will be able to unite, and the closer we will be to fulfilling the dream of peace in the world.

PaedDr. Alena Gajdůšková

Member of the Parliamentarians for Nuclear Non-Proliferation and Disarmament (PNND)



RECTOR

Respected Paramhans Swami Maheshwarananda, Dear Vishwaguruji,

I was delighted to hear that the Sri Swami Madhavananda World Peace Council (SSMWPC) again organises a conference titled “Yoga for Non-Violence and Peace” in Prague, Czech Republic this year. On 2 October 2015, on the occasion of the International Day of Non-Violence, I was honoured to represent Széchenyi István University at the United Nations in Vienna.

I was privileged and proud to share the background of the socioeconomic success enjoyed by the City of Győr, and in a broader sense, West Hungary. Our harmonious development is based on a cooperation triangle of the industry that is primarily led by deeply embedded multinational enterprises of the automobile industry, the City and of course the University as both the higher educational and innovation centre of the region. Since we last met the scientific spectrum of Széchenyi István University has been broadened by two new Faculties formed around the areas of agriculture and nutrition sciences as well as of teacher training.

Széchenyi István University, similarly to the Sri Swami Madhavananda World Peace Council, is committed to peaceful, dialogue-based advancement that observes the needs of all parties involved. Through our educational activity we continue to support the United Nations’ new 2030 Development Agenda and the fulfilment of the Sustainable Development Goals.

Wishing you a rewarding conference,

Cordially,



Prof. Dr. Péter Földesi
Rector





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Mgr. PhDr. Igor Lukšić

University of Ljubljana
Former Minister of Education & Sports

Respected initiator of World Peace Council
Paramhans Swami Maheshwarananda,
Ladies and gentlemen, dear conference delegates,

Allow me first to express what an honor it is for me to be able to participate actively within the World Peace Council also giving the fact I have agreed to become Slovenia's World Peace Council Ambassador. It is my firm belief the key messages of the conference as yoga-being part of India's wisdom and tradition, non-violence and world peace should be promoted more and hopefully achieved sometime.

My life's professional work is more or less dedicated to the Political Science. Not just as a professor at the University in Ljubljana, also actively during my former position of the president of one of the nation's most important political parties, as Minister for Education and Sport of the Government of Slovenia as well as Minister for Science and Technology. Of course, it is not my intention to outline my previous positions. I would like to clarify a fact I possess not just theoretical but also practical experiences from which I can conclude what the modern society's needs tend to be. I believe, as many do, that material needs not satisfy human individual or society. The most important are moral and human-values based needs. I have studied numerous authors from ancient times until nowadays and what I would like to share with you out of those studies is a rather simple message: inner peace within human being is a basis for outside peace in each society and in the world. It has been like this for thousands of years and it is most likely it will remain like this. We just have to adjust more properly for the world's sake.

Therefore, respected Paramhans Swami Maheshwarananda I would like to thank you very much for your numerous activities aiming to promote a better humankind and as a consequence a better society. The one not counted by economic parameters only but rather by the human values. I sincerely believe this must become the one and only goal of the humans. By achieving it all other problems and obstacles will eventually disappear. As you often say, respected Paramhans Swami Maheshwarananda and what I have heard also India Prime Minister Modi: "Yoga is the way".

Your Sincerely,

prof. dr. Igor Lukšić
Ljublj Slove EU

REPUBLIC OF CROATIA
PRIMORSKO - GORANSKA COUNTY
 CITY OF RIJEKA
Mayor



2nd November 2016

Message to the auditorium of the World Peace Council Conference at Prague: Yoga for Non-Violence and Peace

To All People of Good Will,

Having a great opinion of Mahatma Gandhi and his deeds, and supporting the initiative by the Sri Swami Madhavananda of the World Peace Council and International Association "Yoga in Daily Life", as the Mayor of The City of Rijeka, Croatia and a man of good will I would like to join the voices for non-violence and preserving of the peace in the World.

All what is happening in us and around us results from our deeds and thoughts, from the way we live, act and influence the real life, make experience and influence each other. It is us who can change the existing situation and establish a different, better world.

The great Mahatma Gandhi is the best example of a man who influenced significant changes without having hurt a fly. He strongly believed in freedom of thoughts and deeds, in the power of non-violence, in the values that are coming from the human heart and soul, from his character.

We live in hard times, and it is so hard for us to accept various kind of loss, defeat, consequences of social and natural catastrophes we have been witnessing very often lately. The only thing we can directly influence and change is to prevent the catastrophe in ourselves and not to provoke the catastrophe through own fault. Practicing the self-control and the faith in the good, and wishing to give to our children a good example of how to live and to survive upright, in an honorable manner, helps us to preserve the peace in ourselves and around us and to cope successfully with our everyday life.

I strongly support meetings on which the people practice calming down and encourage each other, being aware of the fact that on the other part of the World people are doing the same thing, having the same wish to wisely and bravely preserve the peace and the surrounding nature, to try to establish and preserve the harmony in ourselves and among all the people in the World.

To all of you I wish a pleasant and peaceful come together at Prague.
Sincerely yours,

Vojko Obersnel, M.Sc.
Mayor

City of Rijeka, Korzo 16, HR - 51000 Rijeka, CROATIA
T: ++385 51209527, F: +385 51 334008; 209520

W: www.rijeka.hr
E: mayor@rijeka.hr





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István Almási
Mayor of Hodmezovasarhely



PhDr. Ľubica Laššáková
Regional Legislature Representative
Banská Bystrica



Upon hearing that, somewhere, people are meeting for a „world peace forum“, there is a tendency to imagine a high-level meeting of politicians and policy-makers, upon the deliberations of which „ordinary people“ have no influence. And perhaps that is true in certain cases, but the forum to which I have the honor of contributing these few lines is about us - all of us. In my many years as a radio moderator, I have met thousands of people representing a wide variety of opinions, moods, levels of education, and interests, but throughout all these conversations there was an undertone that all we do, we want to do in peace. It takes so little to turn the world inside out, and returning it back the way it was is rarely possible. We live in a part of Slovakia where the regional elections were won by a person known for extremism, xenophobia, and arrogance. Should he remain in office for a longer time, it could be very damaging for the entire country. Enlightened thought is of critical importance in such a case. A world peace forum is precisely the right platform for spreading spirituality and common sense.

What I wish for the World Peace Forum: love in the heart and serenity in the soul.

PhDr. Ľubica Laššáková
Regional Legislature Representative
Banská Bystrica





STATEMENT FOR
2016 WORLD PEACE COUNCIL
CONFERENCE
December 4 in Prague, Czech Republic

Since World War II, for over 70 years we have been living in peace in Europe.

But is peace the absence of war or violence only? Or should we rather define peace in positive direction: as a state of tranquility and stillness?

According to the Wikipedia definition peace occurs between heterogeneous social groups and is characterized by a lack of conflict and freedom from fear of violence. Peace often involves compromise, and therefore is initiated with thoughtful listening and communication to enhance and create mutual understanding.

There is no war in our temporary reality, but do we really have peace? Individually we feel chaotic, being pulled in multiple directions, being unable to balance our life in the various areas and roles that we consider important.

As citizens of the world, we long for peace with each other and with other nations, but we see war and terrorist activities throughout the world.

We question why, and ask why isn't anyone doing anything about it?

Let that "anyone" start with us! „Be the change you want to see!”

His Excellency, Vishwaguru Paramhansa Swami Maheshwarananda has given us *THE SYSTEM* of Yoga in Daily Life that helps us realize Peace in our lives.

Thank you Vishwaguruji for demonstrating tolerance, respect and understanding by acknowledging 'unity in diversity! And thank you for this conference to raise global awareness to secure lasting world peace!

Ildikó Kovács PhD
Head of Trade and Commerce
Consulate General of Hungary, Lendava



Pavel Pitel
Consul, Embassy of Czech Republic, Washington DC

November 7, 2016

I have had the privilege to know Yoga in Daily Life and its founder H.H. Vishwaguru Mahamandaleshwar Paramhans Sri Swami Maheshwarananda since 2003 and have had the opportunity to witness myself the tremendous peaceful and positive change He has constantly been bringing into this world and into the lives of many.

In the field of international relations, I encounter on daily basis with problems of greed, hatred and violence between people and nations as well and it seems there is no end to it and that it will never stop, like a wild river flooding everything and destroying the bridges that have been built to connect the nations.

H. H. Viswaguruji teaches us that we shall try "fighting" those problems with "weapons" of wisdom, peace, tolerance and love rather than with another piece of violence and repression – things that have failed us in the past. Yoga offers whole humanity wide range of means and ways how to cultivate our lives and our inner river of energy and thus positively influence people in our closest surroundings and whole environment as well.

Yoga in Daily Life brings this much needed wisdom, love and spirituality into the daily life of each of us and that is the sustainable path of making this world a better place to live for all beings of this beautiful planet Earth.

I am personally and deeply thankful to H.H. Viswaguruji for guiding me and such a large number of people from so many different countries of this world on our journey towards unity.

Pavel Pitel
Consul
Embassy of the Czech Republic in Washington, DC





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Nada Al- Nashif

Assistant Director-General for Social and Human Sciences
UNESCO



Acharya Rajan Sharma

Yogi, Author, Peace Promotor

Yoga for peace health and non-violence

Message from Acharya Rajan Sharma (Bhimsen Sapkota)

OM!The path toward inner stillness begins withYogaposture(Asana) work. Asanas help us reconnect with our body and start to quiet verbal and mental chatter. They supply just the right combination of physical engagement and internal feedback to hold our attention. When our energies are collected and focused on posture work, the intensity of mental distractions is naturally diminished.

Postures create a subtle shift in the mind. No longer drawn from thought to thought by an unfocused chain of associations, asana sessions replace noisy thinking with the relatively silent work of stretching, strengthening, lengthening, aligning, and integrating. Like a musician completely absorbed in the sound of his music, asana work focuses the mind thoroughly, so that other levels of experience do not intrude.

Many researches shows that the wide range of yoga practices suggest they can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression. In this respect, yoga functions like other self-soothing techniques, such as meditation, relaxation, exercise, or even socializing with friends.

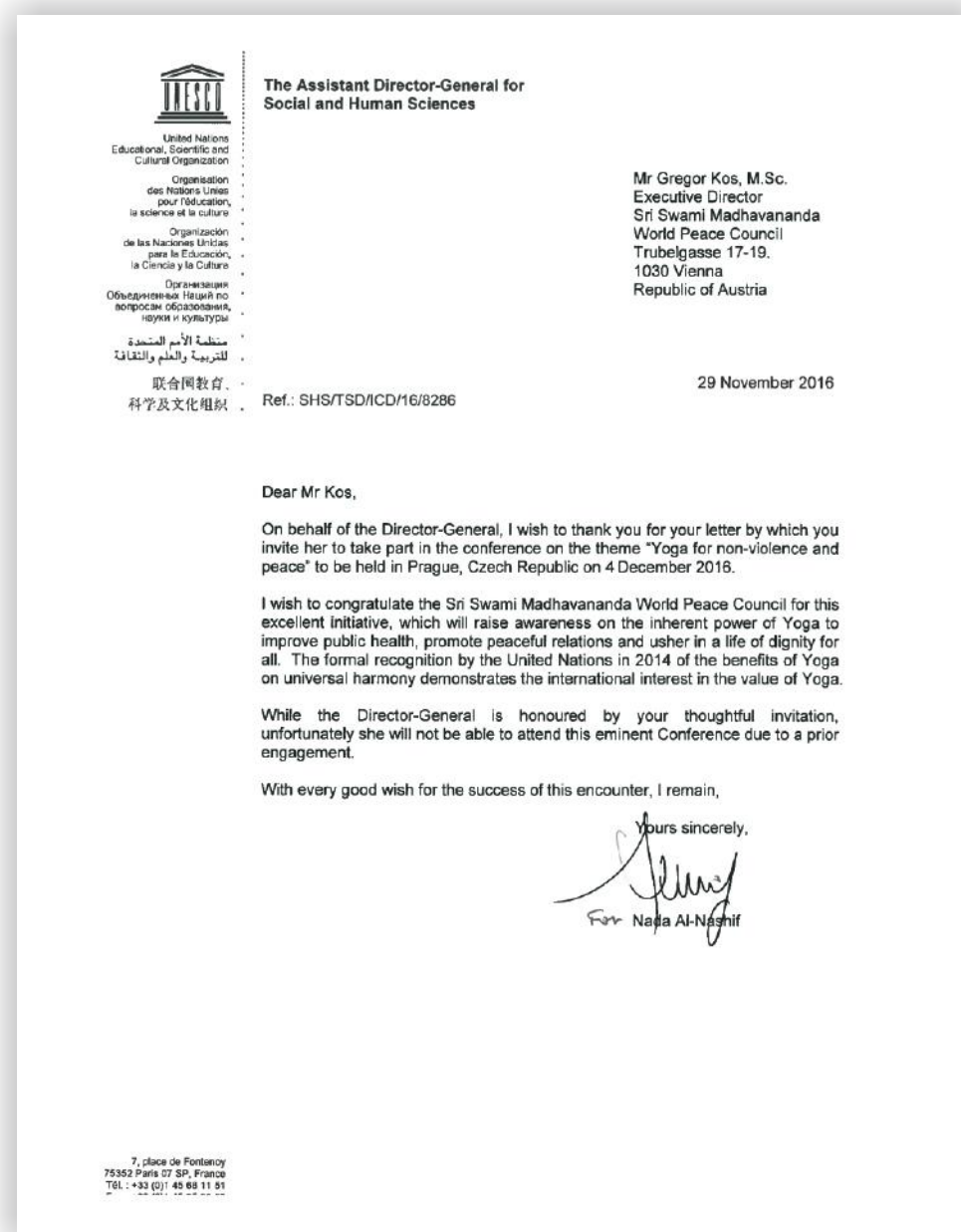
Many patients dealing with depression, anxiety, or stress, yoga may be a very appealing way to better manage symptoms. Indeed, the scientific study of yoga demonstrates that mental and physical health are not just closely allied, but are essentially equivalent. The evidence is growing that yoga practice is a relatively low-risk, high-yield approach to improving overall health.

If practiced correctly, yoga asana breaks down the psychological, emotional, physical, energetic, and psychic obstacles that inhibit us from thriving.

One way yoga encourages transformation is by helping you to shift patterns you’ve developed over time, patterns that may be unhealthy, Stryker says. When you put your body into a pose that is foreign and you stick with it, you learn how to take a new shape. Taking this new shape with the body can lead you to learn how to take a new shape with the mind.

Non-violence (Ahimsa) is the yogic practice of non-violence, which includes physical, mental, and emotional violence towards others and ourselves. Viewed in this broad context, ahimsa can be a challenging and overwhelming practice to take on, as we humans seem to have a knack for creating judgment, criticism, anger or irritation. Fortunately we can easily apply the concept of ahimsa on our yoga mats by practicing mindfulness and compassion towards ourselves.

Hari OmTatsat!





World Peace Council Conference

04th December 2016, Lucerna Great Hall, Prague

A Path to Non Violence and World Peace

“One in all and all in one.”- H. H. Sri Swami Madhavananda



Acharya Rajan Sharma, a yogi, author Peace promoter (M.P.A., M.A Vedic Philosophy/Astrology/Economics/ Mass Communications), is an inspiring personality for many knowledge seekers Spiritual Consultants, Peace Preachers, Astrologers and Spiritual Masters. He empowers to find solutions for daily obstacles and to steps forward successfully with his long experiences in various field and the Vedic tradition.

His great desire to serve humanity through offering the knowledge and wisdom of the Vedic Sciences has provided many opportunities to share his vast expertise. His travels throughout the world have given him a wide range of experiences and the chance to offer this sacred Vedic Science to many people of varying cultures and faiths.

Acharya Rajan's various awards have displayed his expertise and provide an example of a genuine, logical and scientific based consultation process.

Currently based in Australia Sydney, his time is dedicated to teach the art of Positive thinking, Meditation, Sanskrit, Yoga, various discourses along with consultancy services in Astrology and Vedic Sciences. He is a spiritual practitioner and a University lecturer. He is also spreading the Vedic wisdom through, University of Technology (UTS), The Vedic Science and Technology College (VSTC), Ramacharitmanas Institute, and Various education centres in Australia. He conducts authentic life coaching, astrological consultation, classes, lectures and workshops. Many doctors, alternatives therapists and psychics have referred chronically ill patient to Acharya Sharma.

His experience in the public realm has also contributed to his media career in which he is known as journalist, Bhimsen Sapkota. He currently appears on local radio and television.

Acharya Rajan is also the founder of the charity 'Shishu Nepal', an orphanage and charitable trust providing schooling, housing and vocational skills to children living in poverty in Nepal. A large portion of his business proceeds also directed towards supporting this endeavor.

Acharya Rajan is available for group or individual consultation in Astrology, Mantra healing Vaastu, Yoga, Meditation and teaching of Vedic Sciences. He can also be contacted by phone or email for a distance consultation.



Dr. Manfred Stepponat

President of International Sri Deep Madhavananda Ashram Fellowship

Asato ma sadgamaya- lead us from ignorance to the truth
Tamaso ma jyotirgamaya- lead us from darkness to the light
Mrityotmaamritamgamaya- lead us from death to immortality
Om shanti shanti shanti- Om peace peace peace

The peace mantra, this prayer, is one of the oldest on this planet and it is taken from the Brihadaranyaka Upanishads. Peace is a condition for which the mankind is longing to reach since thousands of years.

We are all humans, we are all one family and everybody wants to live a happy life in peace. Outer life circumstances are merely a reflection of the inner world of human beings. In this context everybody has influence on the peace in the world. As long as greediness, jealousy and hate have a strong influence on us, there will be no peace.

Therefore, it is necessary to attain a peaceful condition which harmonises physically, psychologically, socially and spiritually. Also our children should be given the opportunity to grow in a peaceful environment. We all should serve every living being, we should lead a vegetarian life and protect our mother nature.

40 years ago Mahamandaleswar Vishwaguru Sri Swami Maheswarananda brought the living light, the light of peace, love, knowledge, tolerance and understanding from India to Vienna.

It represents the life of the holy incarnation of Bhagwan Sri DeepNarayan Mahaprabhuji. His teaching and message for mankind is given to us through many bhajans and through his golden teachings.

Through the system Yoga in daily Life® - given to us by Vishwaguruji - many thousands of people all over the world develop the peace inside by prayer and practicing spiritual techniques. Everybody has the possibility to read about yoga, to practice yoga and to pray with devotion, so one can form the inner and outer world. And this inner peace in our mind will reflect also in our families and through our words and activities to the outer world. To follow the royal path of yoga means to follow the way to a healthy social life and the way to peace. And with the guidance and wisdom of a self-realized master, we have the opportunity to gain true knowledge and many individual benefits.

An additional support are all social activities and especially also the broadcasts of the lectures and satsangs. My gratitude for all of this is going to Vishwaguruji and his spiritual ancestors, our Siddha Peeth Parampara.

Vishwaguruji's master, Hindu Dharm samrat Paramhans Sri Swami Madhavananda, was a great example to all of us. His selfless serving, all the satsangs and bhajans he has given to us, testify his knowledge and wisdom.

Therefore, the Sri Swami Madhavananda World Peace Council was founded in the year 2002 together with Holy Guruji. He and many other spiritual leaders gives us the knowledge and shows us the way to peace. For example, through the peace tree planting activities of the SSMWPC it is remembered to us, that a tree is giving it's fruits, shadow and shelter to all living beings, and so we as humans shall also behave.

I wish you a happy day, a successful and healthy life and I wish success to everyone in their efforts to bring peace to the world so that this SSMWPC will be also an inspiration, not only for people who are attending this event.





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Prof. Dr. Dejan Dinevski, Ph.D
Faculty of Education, University of Maribor



Ivan Mod'oroši, Ph.D
Assistant Professor, Faculty of Arts & letters,
Department of Religious Studies & Theology
Catholic University in Ruzomberok, Slovakia


University of Maribor
Faculty of Education
Koroška c. 160, 2000 Maribor, Slovenija
www.pel.um.si

Maribor, 9.11.2016

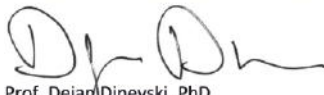
**Pranam, Sri Mahamandaleswar Paramhans Swami Maheshwarananda
the founder of
Sri Swami Madhavananda World Peace Council**

It has been a great honor for me to personally participate and partly co-organize a long series of your revered World Peace Summits in Vienna (2002), Brno (2004), Zagreb (2005), Ljubljana (2006), Bratislava (2007), Wellington (2008) and Szombathely (2009). Your last year's international conference in the United Nations in Vienna at the occasion of the International Day of Non-Violence, titled "Yoga – a Path to Non-Violence and World Peace" delivered a lot of answers to the problems of modern world. Esteemed speakers from all over the world conveyed clear signposts towards the realization of non-violence and world peace which are on one hand coming from authentic yoga philosophy and are on the other hand exceptionally aligned with the United Nations Sustainable development goals.

Please accept my sincere congratulations for continuing your efforts with the organization of this year's international conference in the historic city of Prague and therefore positioning the Sri Swami Madhavananda World Peace Council as one of the strongest forums in the World which links the non-violence and peace with spirituality and inner peace. Sri Swami Madhavananda was a spiritual giant. Observing his sadhana and his way of life during the months that I stayed with him in Nipal Ashram in 1991 and in Jadan Ashram in 1994 I had a blessing to be near his unlimited source of spiritual strength and devotion. Carrying his name the Sri Swami Madhavananda World Peace Council is manifesting its dedication to spread the authentic spiritual treasures of Yoga and present them as a genuine way to peace.

As your disciple, Swamiji, and a follower of the Yoga in daily life system, I'm teaching a class "Yoga in sports" at the Faculty of Education, University of Maribor, and while studying scientific research on yoga combined with my personal experience of being a yoga teacher for the last 26 years, I'm observing that vitality, health and personal growth can be achieved through the regular practice of authentic Yoga. In Slovenia where Yoga in daily life is practiced in every town and most of the villages we are strongly dedicated to maintain its originality and excellent quality because only as such it is bringing also the higher quality of life, openness, tolerance and peace to the Slovenian society.

It is my privilege and honor to participate at this conference and witness another leap forward to the realization of non-violence and peace.

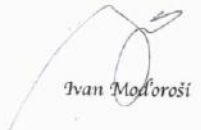

Prof. Dejan Dinevski, PhD
Faculty of Education, University of Maribor, Slovenia

**IVAN MOD'OROŠI, PH.D., ASSISTANT PROFESSOR, FACULTY OF ARTS AND LETTERS,
DEPARTMENT OF RELIGIOUS STUDIES AND THEOLOGY, CATHOLIC UNIVERSITY IN
RUŽOMBEROK, SLOVAKIA**

Hans Küng expressed in his project Global ethos his deep conviction, to which may join all people of good will, regardless of their religion, tradition, race and gender. "There is no survival without the world ethos. There could be no world peace without the peace between religions. And there is no religious peace without an inter-religious dialogue."

The sense of the sessions such as this peaceful conference is to testify that notwithstanding the differentiation, which is natural, there is a possibility to meet and issue a mutual testimony that the deepest and most principled what unites us is our humanness. Being human is not a biological designation of our species, but our mission, which requires work in favour of others, especially those most vulnerables ones.

If we gave up on this mission, we would risk that our heart turns into a stone, insensitive and thus non-human one. And I would like to take the liberty and modestly add to the initial words of Hans Küng. If there is no peace inside the man, deep down in his heart, we will never feel safe. Only the man who keeps peace in his heart, could be a peacemaker in his community, country and the world. I wish all participants of the conference in Prague to be the spark that ignites the people to become creators of peace and harmony.

Best Regards 
Ivan Mod'oroši

Ružomberok 8/11/2016





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Doc. PhDr. Beáta Frčová, PhD., MPH

Dean, Faculty of Health, SZU
Bratislava

The mission of the Faculty of Health of Slovakian University of Health Bratislava, based in Banska Bystrica, is to educate future healthcare professionals in non-medical health science. We lead students to prepare for their medical profession by giving them a more complex view of the human with practical understanding and use of holistic care. Within the physiotherapy study program we educate the students in different physiotherapy methods and yoga is a part of this.

We emphasize the importance of inner peace connected with active exercise in order to strengthen human health. Yoga is already an active part of many of our students' and teachers' lives.

Inner peace and contentment however is crucial, without this it would be impossible to support the collective striving to create world peace.

The best to describe our striving is a line from Confucius:

“A person has to make order inside himself first, before he starts to make order of the outside world.”



Doc. MUDr. Martin Repko, Ph.D

Head of Orthopedic Department Faculty Hospital Brno, Czech Republic
President of the Czech Union of Yoga In Daily Life, Czech Republic

FAKULTNÍ NEMOCNICE BRNO
PRACOVNÍSTE MEDICINY DOSPĚLÉHO VĚKU
Jihlavská 20, 602 00 Brno
tel.: 532 231 111

ORTOPEDICKÁ KLINIKA
Doc. MUDr. Martin Repko, Ph.D.
předseda
tel.: 532 232 704, fax: 532 233 601
e-mail: ortop@fnbrno.cz

IČO: 652 897 06, DIČ: CZ65289706
Bankovní spojení: 71234621/0100
Nositel certifikátu ISO 9001:2008, 14001:2004, akreditace DIAS
www.fnbrno.cz

Brno, Czech Republic, October 30th 2016

It is an honour for me to have the opportunity to highlight the meaning of yoga and the Yoga in Daily Life system for health of an individual as well as society on the occasion of the Sri Swami Madhavananda World Peace Council conference held in Prague in December 2016.

In spite of all the progress of modern medicine, an individual approach of oneself to his or her own health remains very import and often absolutely essential. Modern medicine is also increasingly aware of the necessity of a comprehensive approach towards human health and of the need of understanding a human being in the widest possible context.

In modern western or allopathic medicine, more and more psychosomatic elements assert. The view of modern medicine on health slowly turns towards comprehensive concept in a similar way as in traditional medical systems such as Ayurveda. Western medicine slowly pays more attention to all aspects of health - not only to physical and mental health but also to the health of spiritual and social components of human life. Nowadays the attention is slowly shifting from the originally paternalistic understanding of health to more active ways of protection and maintenance of an individual as well as social health.


The Yoga in Daily Life system offers these very possibilities and benefits.

From my own over 25 years of practical experiences with the Yoga in Daily Life system, I would like to acknowledge its beneficial influence on the health of those who use it. During my practice as yoga instructor and work with those who use this system professionally as well as during my many years of organization work in the Yoga in Daily Life organization in the Czech Republic I had the opportunity to witness wonderful results that the practitioners of the system have achieved.

I cordially wish to His Holiness Mahamandaleshwar Paramhans Swami Maheshwarananda as well as to the entire Yoga in Daily Life system many successful years of further activity all around the world. I firmly believe that it will maintain its stable place in applications of its health aspects in medicine, rehabilitation, physiotherapy as well as in psychosomatic fields of medicine.

Doc. MUDr. Martin Repko, Ph.D.

Head of Orthopaedic Department Faculty Hospital Brno, Czech Republic
President of the Czech Union of Yoga in Daily Life, Czech Republic






MUDr. Gabriela Majeriková

Head Physician, Physiatrie-Rehabilitation Department of the F. D. Roosevelt Hospital and Polyclinic in Banská Bystrica

Dear delegates of the World Peace Forum:

I am honored to address you on behalf of the team of the Physiatrie- Rehabilitation Department of the Faculty Hospital and Polyclinic. We would like to express our admiration for this noble enterprise - may it succeed and gain the attention of many people who are not indifferent to the question of world peace.

We are people of different religions, but love for one's fellow man is the dominant element in every religion. That is of prime importance. Skin color, denomination, cultural origin - none of that makes any real difference.

In order to have healthy relationships with others, it is important to maintain one's own health. As a physical therapist I use the latest advances of medical science in effort to restore patients to health, and maintain that health. Today's hectic times put stress on the psyche, bringing disharmony and eventually endangering one's health.

There are many methods and systems for correcting this state. One of these is yoga. Today, its effects have been studied and are well known. At our treatment center we use elements of the Yoga In Daily Life System, which has found a place in medicine thanks to its psychosomatic effects.

In 2011-2012, as part of our “Nurse Backpain Prevention” project, we used exercises from the Yoga In Daily Life System that were shown to be very effective for treating back pain. Building on this successful project, employees of Roosevelt Hospital have been practicing yoga for back pain according to the Yoga In Daily Life System for over one year now. The lessons are well-attended and have the support of hospital management.

“Only a healthy and virtuous person is able to develop peace and be beneficial to her surroundings and for society.”



Mgr. Petr Růžička

Psychotherapist, Coach & Teacher

Stress, and How Yoga Can Help With It

A survey by Engage Hill (2014) confirms the growth trend in stress level among employees. Over a four-year period it grew by one third, from 49 to 65% (in 1999 it was just 28%). According to EU research, stress is one of the three key psychosocial factors lowering human resource performance...

What Is This Stress, Anyway?

Imagine that a hungry tiger suddenly appears here. No doubt, you would feel a huge wave of activation in your body - the „fight or flight“ response that would immediately prepare you to take action to save your life. If you are sufficiently trained, with sufficient energy reserves (along with a little good luck), you would survive. The tiger can only chase you for as long as its own energy reserves hold out.

Today, however, we typically do not meet tigers and here in Central Europe we rarely encounter life-threatening situations.

What we do face, on a daily basis, is psychosocial stress - situations that threaten our values, relationships, sense of self-worth, social and economic position... Though these stressors are not immediately life-threatening like a tiger, our bodies react to them in exactly the same way. The supermarathonist psychosocial tigers are capable of chasing us through our civilized jungle not just for 30 minutes like the flesh-and-blood tiger did our great-grandfather, but easily two years at a stretch. And the minute we shake one such „tiger“, others are waiting in line to take its place. Not only that - often we are forced to deal with multiple stressors at the same time. Those are all the tasks that we see as beyond our strength and skill, all the dysfunctional or conflict-laden relationships, unprocessed traumas, the prevailing political and economic conditions, etc.

To a small extent, stress motivates us to improve our performance. When the demands are too high, or last for too long, however, stress leads to fatigue, exhaustion, concentration difficulties, deteriorating relationships, undesirable behavior, reduced creativity, flexibility, ability to respond adequately in situations of elevated risk, and to „burn-out“. Stress is also a key factor in the development of so-called diseases of civilization. The opposite of stress is relaxation - sometimes referred to as relaxation body feedback.

There's No Stress Out There...

Whether or not stress occurs is determined by whether we interpret the stressor (which can be either external or internal to us) as threatening - i.e. „over the limit“. Subjective interpretation plays a key role here.





Whether we interpret a situation as threatening depends primarily on the following considerations:

1. Working with stress; appropriate compensation strategies.

The overall stress level is the decisive factor. The higher it is, the higher the risk that we will see a given situation as threatening.

What is my long-term emotional mood and attitude (toward myself, others, work, the world...)?

Healthy self-respect is of prime importance. If I do not have a positive relationship with myself, then I cannot have healthy relationships with other people and it will complicate my interactions with the world around me as well. I will be more of a pessimist, than an optimist, and my prevailing mood will be negative. As a result I will tend to have negative attitudes toward myself, other people, and the world. The final result will be a tendency to evaluate events in the inner and outer world as potentially threatening.



2. Goal management; priority setting.

How well-grounded am I? How well do I know myself? What is my vision, or mission, in my personal life?

Without positive answers to these questions, we cannot effectively set priorities in our personal lives, which is a necessary pre-condition for setting priorities at work. Without priorities, we will be continually pressed for time, overwhelmed with details and micro-management. We won't have time for strategic thinking - that is, thinking about where our efforts are taking us.

It's our choice whether we remain in a hamster wheel and allow ourselves to undergo the deleterious psychosomatic effects of stress, or whether we take responsibility for our lives and our health and try to find a sustainable way to lead our (own) lives.

Resilience - the ability to deal with stress and unfavorable circumstances in a healthy way.

The concept of resilience is focused on the individual's inner circumstances since these determine how well she or he will be able to deal with stress. This concept is reflected in the ancient Indian teachings of yoga, where the term "sannahana" is used for this quality of resilience in the face of unfavorable influences. Yoga and yogic therapy places great emphasis on developing and strengthening defense mechanisms, and creating a „firm bulwark“ against unfavorable elements. The epoch work The Yoga Vasishtha contains very simple, clear explanations of terms such as distress, illness, psychosomatic conditions, etc. And "sannahana" is one of the three key factors for maintaining physical, psychological, social, and spiritual health. Our ability to remain calm in the face of adversity is at the center of what it means to be resilient, thanks to which our homeostatic apparatus is able to quickly and flexibly respond to stressors and neutralize them through relaxation and regeneration.

So, what can we do about stress?

1. Reduce base stress level
- a. Reducing psycho-physical tension

Engage in any and all activities that help burn stress hormones, ease muscle tension, and relax the psyche. Such activities include:

Sport (non-competitive, recreational), sauna and cryotherapy, massages, various wellness procedures, artistic experiences, relaxation exercise activities (especially yoga), relaxation techniques, meditation, and spirituality in general

b. Analysis and processing of overall stress situation

What things cause stress in my life? Distinguish between things I can do something about (and do it) and those that are beyond my control (and find a way to at least symbolically make peace with them). Self-inquiry meditation helps here.

2. Resilience and increasing frustration tolerance

To this end: Practice yoga (classical yoga, which is an integral system of physical, mental, breathing, and spiritual techniques, as in, for example, the Yoga In Daily Life System) whose basis includes the principle of "sannahana" or resilience; when difficulties and adversity come, stand up to them and try to manage them (every time we try to duck or run away, that weakens our ability to cope and increases our fear of adverse circumstances); develop physical resistance to cold (take cold showers in the morning, walk barefoot in nature, take saunas, cryotherapy); develop self-discipline (learn to voluntarily take food and drink in moderation, fast one day per week); direct our lives from chaos to order and regularity (saves a lot of vital energy that can then be used to overcome stress and adversity).

3. Change at the level of thoughts, attitudes, paradigm:

Think and communicate positively. How we think about the world determines what kind of world we have. As Buddha said: "We are what we think. All that we are arises with our thoughts. With our thoughts we make the world." Or as the ancient Indian Vedas say: "Mano matra jagat" ("Mind makes the world").

Build self-confidence and a healthy sense of self. This is the basis of a stable, resilient life. Do I like myself in a healthy way? Do I accept myself as I really am? What are my personal life values, my important social roles, my goals in life? What is my personal life vision and mission?

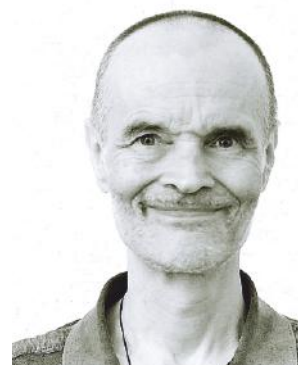
Improve your social health. A functional social network (network of relationships) is a major factor in dealing with problems. What is my relationship to other people, to the environment, to the world? Do I like them, or not? Or am I indifferent or thoughtless towards them? How do I contribute to the cultivation of the common life space?

Develop your spirituality (it need not be connected with any religion) - be aware that we are parts of a whole; respect that which is beyond us, the transpersonal dimension of being. Spirituality is also a powerful source of security and resilience.

Summary: Stress is a natural psycho-physical response to danger (adversity). In small amounts, it is positive and increases motivation. In large amounts, or when the stressors last for a long time and/or arise repeatedly, it leads to exhaustion and maladaptive reactions (such as behavioral disorders, diseases of civilization, burn-out). Stress is a subjective phenomenon in that it arises only when we interpret the stressor as a threat. Because this process of interpretation is beyond our reasoning mind, and often entirely subconscious, changing the stress response is not a matter of „deciding“ but rather of changing our attitudes to self, others, and the world around us. The fastest way to relieve stress is to reduce psycho-physical tension - this also reduces the organism's readiness to react to further stressors by mobilizing a stress response. However, permanent change can only be achieved by changing one's attitudes and developing resilience.

We are not slaves of stress. We can not only deal with it wisely, but also gain benefit from it.
The best prevention and treatment of stress is traditional yoga - in particular, the Yoga In Daily Life System.





Prim. MUDr. Karel Nešpor, CSc.
Head of Department of Male Addiction, Psychiatric Hospital Bohnice

Positive emotions and modern psychology

Contemporary psychologists, such as Professor Barbara Fredrickson, found that loving kindness meditation improves social relationships, ameliorates depression, and even slows down the aging of the brain.

Positive emotions and yoga

Positive emotions are cultivated by various forms of yoga. Some examples follow:

- Ahimsa improves our behaviour and our emotional life in the same time.
- Nijama includes contentment which is one of the most important positive emotions.
- Patanjali gives a straightforward advice how to attain inner peace: “By cultivating attitudes of friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and disregard toward the wicked, the mind retains its undisturbed calmness.” (Yoga Sutra 1:33).
- Positive emotions are of foremost importance in bhakti yoga.
- Karma yogis develop positive emotions through the good and selfless actions.
- To be kind and compassionate is natural for a jnana yogi who recognizes his own nature in all.

Something simple and practical

I often give to my patients this simple advice how to develop positive emotions and improve self-control in difficult situations: “Smile, pull the shoulders down, breathe into the abdomen and exhale slowly at least three times. If you postpone your reaction you may avoid needless problems. It is good both for your health and relationships.”



MUDr. Kateřina Sheardová
Head of the Memory Center ICRC
1st Neurology Clinic, St. Anne’s University Hospital Brno
Czech Republic

Modern medicine is encountering new era. While our life expectancy is increasing, people are experiencing even more chronic and neurodegenerative diseases associated with old age. Healthy aging is currently the main topic of public interest and medical research. It is well known that the main factor influencing our health is a lifestyle (meaning exercise and diet), however with the development of new imaging methods and the progress of neuroscience we are learning that also the state of our mind, the way we deal with life situations and the quality of interactions with other people are very important for our health.

Yoga in daily life is a complex scientific system allowing us to influence our health and well-being on many levels. This ancient teaching was brought to the western world thanks to his Holiness Vishwaguru Paramhans Sri Swami Maheshwarananda. He has transferred this untouched knowledge being passed for ages from one generation of yogis to another and adjusted it to a scientific system comprehensible for western mentality. In the recent years, there is growing number of studies in the scientific literature bringing evidence-based confirmation of the health benefits of these unique technics and their importance for health preservation, health improvement as well as for healthy aging. This holistic approach influences human being on several levels – physical, mental, social and spiritual; only with this complex approach one can achieve deep and sustainable effects on health condition and well-being.

As a neurologist, I encounter people with many health problems resulting from the bad consequences of modern lifestyle. The most common are: back pain and joint pain caused by lack of appropriate and sufficient exercise; psychosomatic diseases which are the consequences of psychical disbalance; memory and mind problems often leading to dementia, which are usually triggered by depression, nonfunctional value system and lack of self-awareness. Yoga in daily life is a powerful instrument for influencing and preventing these diseases: beginning with asanas and vegetarian diet influencing us among all on a physical level, hatha yoga kriyas - powerfull cleaning technics, pranayama and relaxation technics balancing our autonomous nervous system and thus our immune and hormonal homeostasis, meditation and principles of ahimsa and yama-niyama leading us to healthy relationship with oneself, others, nature and universe creating value system which is crucial for healthy functioning in this nowadays very complicated world.

I am very grateful, that I can use these powerful technics of YDL on daily basis interacting with my patients recommending specific asanas and dietary precautions in indicated cases. Many of my patients entered after recommendation YDL classes with great benefits for their health and mind.

I would like to express my deep appreciation to Vishwaguruji’s work for the whole world, for his guidance and for giving us a powerful tool for improving ourselves as well as for helping our patients more effectively.





Doc. PaedDr. Milada Krejčí, CSc
Vice-Rector for Science and Research
The College of Physical Education and Sport PALESTRA

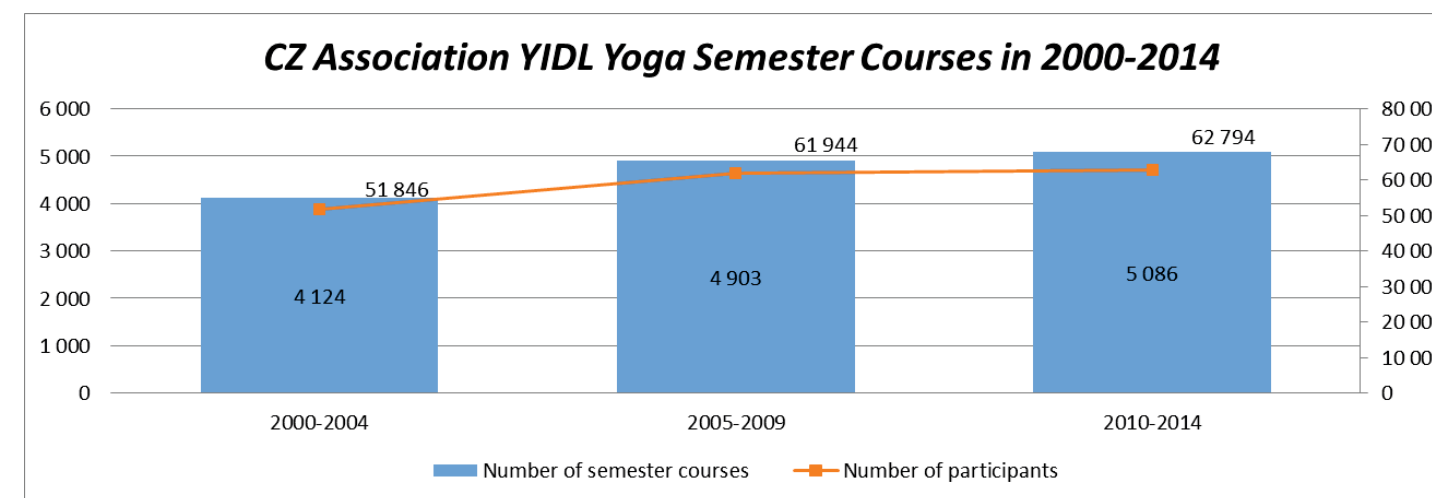
Annotation: The Czech Association Yoga in Daily Life is a non-profit, non-governmental humanitarian organization. Activities of the Czech Association Yoga in Daily Life are focused specifically to human health promotion, humanitarian activities, to environment protection, tolerance promotion, to liberty and respect among religions, cultures and people, and to world peace protection. Czech Association "Yoga in Daily Life" is the biggest yoga association in number of participants and courses, it operates nationwide and intentionally in public health promotion. In addition it organizes national and international conferences, seminars, workshops, relating to human health promotion and development.

Keywords: Yoga in Daily Life; National Strategy for Health 2020; Health promotion; YDL courses in Czech Rep.; Application sphere; Research; Conferences.

Czech Republic cooperates with "WHO" and guarantees rights to citizens to enjoyment of the highest standard of health without a discrimination, and belongs to the states that highly appreciate cooperation with public, private and non-governmental organizations. The document "National Strategy Health 2020" considers the individual health state as a result of mutual relations of physical, mental, social and spiritual health, of relations between individuals and communities, individuals and world. The purpose of the "National Strategy Health 2020" is to start effective mechanisms to improve health of population. In 2016, 13 "Action plans" are defined, e.g. Promoting of Physical Activity; Proper nutrition and eating habits; Mental Health; Reduce of health risk behaviour; Reducing of health risks of environmental and working environment, etc.

The Czech Association "Yoga in Daily Life" is primarily concerned on the promotion of citizens' health in yoga programs implemented in leisure activities, but also in medicine, education, wellness, spa, rehabilitation centres, regardless of age, nationality, religion, social or health status. It represents a globally recognized "Yoga in Daily Life - the System" (YDL), whose author is internationally known as the Professor of Yoga Vishvaguru Mahamandaleshwar Paramhans Swami Maheshwarananda. YDL is based on traditional Indian concept of yoga and develops human potential systematically, from simple exercises to high sophisticated training techniques. YDL is unique in containing of special publications of the author, useful for people with specific needs, such as diabetics, cardiac patients, people with musculoskeletal problems. Unique, in context of public health in CZ is the publication "Yoga in Daily Life for Children and Youth," published in 2015. It is a response to current social need to promote motoric development in children and youth. Czech Association "Yoga in Daily Life" cooperates with associations of Croatia, Austria, Germany, Switzerland, Hungary, Poland, Slovakia, Slovenia, Serbia, Spain, Great Britain, Australia, New Zealand, Canada, USA, India, which has a great importance for the quality.

The Association "Yoga in Daily Life" was founded in Czech Republic in 1995. In 2016, it brings together 57 separate branch offices in and centrally provides training of yoga instructors. Each of the branch offices has its residency in town/township and coordinates training courses and programs in territorial micro-region (i.e. in other townships and places). The public courses are realized regularly from September until June. The offer of yoga courses is broad with respect to age, level of exercisers and educational or health focus, for example: Health and disease from wellness perspective; Meditation against stress; Yoga training for parents and children; Courses for female health; Exercises for vitality, etc. Women in maternity, unemployed, pensioners with disability, students, seniors, have significant discounts in courses fees. Vast majority of "Yoga in Daily Life" instructors perform coaching activities on high professional level as volunteers, without financial reward, what is very valuable. The Czech Association "Yoga in Daily Life" regularly organizes national and international conferences attended by physicians and scientists from various disciplines (public health promotion, health care, rehabilitation, sports, education, etc.) to support human health. Very important area presents research application. "The Yoga in Daily Life-System" is in this area very often used for its methodical precision, systematic and repeatability.



Tireless work, effort and inventiveness of such personality as it is Vishvaguru Mahamandaleshwar Paramhans Swami Maheshwarananda is performed in his words: "World peace is possible only when all religions and religious leaders on this earth show tolerance, appreciation and respect for all cultures, traditions, languages, races, nationalities and religions. On this earth is only one religion, to which we all belong: humanity".





Sri Swami Madhavananda World Peace Council

and

Sri Deep Madhavananda Ashram Fellowship – Yoga in Daily Life International

related to the UN Development Goals are supporting numerous humanitarian and charitable projects in India and worldwide.

OM Vishwa Deep Gurukul Swami Maheshwarananda Ashram
Education & Research Center:



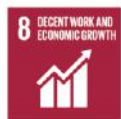
Jadan School (Sri Vishwa Deep Gurukul Prathmik Vidyalaya)

primary & secondary school in Jadan Ashram registered with the Government of Rajasthan. All girls are exempt from school fees and 70% of the children are getting free education. In 2015 about 1,500 children visited this school.



Gyan Putra Project

The school is supported by the "Gyan Putra" project, a charity in Hamburg, Germany, which has members and sponsors throughout the world to facilitate school transports from the villages, free schooling for girls and supporting in general children from needy families.



Jadan College (Paramhans Swami Madhavanand College)

Sri Paramhans Swami Madhavanand College was established in 2007 and is currently offering three years degree and one year diploma courses in Yoga and Naturopathy, as well as three years degree courses in Arts. The College is affiliated with Maharishi Dayanand Saraswati University, Ajmer for these courses.



Desert Rainwater Harvesting Project

Desert Rainwater Harvesting Project: is a grass roots project aimed at alleviating poverty and providing a reliable supply of fresh water for rural communities in drought affected areas of Rajasthan. In the ashram was built an artificial lake with a capacity of 120 million liters water to catch and preserve the monsoon rains to provide water for the fields, animals and humans in the dry season. It also has the effect that the groundwater level is raising and sweet water returned. The Desert Rainwater Harvesting Initiatives will be extended to six other locations throughout remote, rural Rajasthan. The project will benefit the local communities by providing local employment, fresh water for drinking and agriculture, education opportunities for women and children, reducing pollution, preventing water related diseases and improving public health.



Sri Swami Madhavananda Austria Hospital

The Sri Swami Madhavananda Austria Hospital Project in India aims to offer compassionate service to the sick and needy, promotes an holistic approach to health care and fosters high standards in health related education and research. It aims to provide adequate medical services for people. The Hospital is providing free medical camps, emergency service to the surrounding villages; women education programs on the topics of health, hygiene and child welfare. These health services and projects are supported by two internationally operating charitable societies, Austria Hospital in Vienna, Austria, and Helping Hands in Czech Republic.

Sri Devpuriji Ashram Trust



OM Ashram

This central monument will be the largest man-made symbol of OM in the world. Promoting the ancient science of Yoga and the invaluable spiritual treasures of Vedic culture; dedicated to foster physical, mental, social and spiritual health, respect and protection of all life, tolerance and understanding amongst religions, cultures and nations, world peace, upholding human rights and protection of the environment.



Preserving ancient handicrafts, arts and technologies

The OM Ashram is built according to the ancient architecture and science of Vastu Shastra and all the thousands columns of the main temple are made in craftsmanship. Skilled stone masons are carving traditional depictions and illustrations of the Vedic history into the stone pillars. Ancient technologies of pressing oil and scooping water are maintained and shown in an open-air museum.



Education and laboring opportunities for rural areas

Several thousands of families are supported from the labor work created through the Ashram. This stopped migration of local people to the big cities and brought economic benefit to the local area.

Sri Alakhpuriji Siddha Peeth Parampara Trust
& Yoga in Daily Life Foundation:



Projects for spiritual, ethics and social education



Support of people below poverty line (BPL)



Drought and famine relief, medical support



Animal welfare projects (Gaushala), Tree planting

The society is supporting 7 Gaushalas (animal refuges) providing veterinary care for over 800 abandoned, aged and sick animals, and various animal welfare and health care projects in the region. During the drought drinking water and fresh fodder is provided to more than 5000 animals in Pali and Nagaur district.



International Projects:

Disaster Relief

International Fundraising for immediate aid for victims of natural disasters, e.g. Nepal Earthquake 2015, flood disaster in Uttarkandh 2013

Planting of Peace Trees

Acknowledged as an 'Ambassador for Peace', Paramhans Swami Maheshwarananda has shown five decades of outstanding commitment at promoting tolerance and respect between different religions, cultures, and nationalities. He has initiated worldwide, inter-religious World Peace Prayers and Conferences, as well as several annual World Peace Tours among people of diverse religions and cultures. One tradition associated with his humanitarian efforts is the planting of World Peace Trees in public parks, in collaboration with local authorities and dignitaries; the trees are planted as living symbols of peace and hope for a sustainable future.

Tree Planting Initiative

this project was established as a commitment at the Rio+20 UN Summit of Sustainable Development. Since 2012 Yoga in Daily Life members have planted more than 60,000 trees, seedlings and seeds all over the world.

Save the Birds

to bring broader attention to the problem of birds lives being endangered and in just too many cases lost due to the excessive pesticide use, some inhumane sport activities and other inhumane actions. www.safe-birds.com

Jiv Jantu Board

protection of wild life and their natural environment, preserving of regional crops, vegetables, fruits and seeds.



Jaroslav Škvařil
Chairman of Czech Society for Nutrition and Vegetarianism

Latest modern nutrition reflects thousand-year-old yoga tradition

After the second World War, minimum daily nutrient intake was the dominant paradigm in nutrition. Naturally, then, eating one's fill was an important, if subjective, factor in what was considered good nutrition. Only later, and gradually, there was a growing recognition of the necessity to stipulate upper limits what is safe intake of certain nutrients. This gave rise to demand for food that gives one a feeling of being full, but at the same light, and not tired.

In Vedic culture, this type of nutrition has been known for ages under the term „Sattvic“. Today, in the Czech Republic, it has become known as „Wellness nutrition“ (see wellnessgastronomie.eu). Sattvic nutrition concepts are also evident in the latest advances in human nutritional science. For the lay public, this knowledge is presented as a plate showing recommended food groups. In earlier times, these recommendations were presented in the form of a nutrition pyramid.

What is the fundamental difference between the earlier nutrition pyramid and today's „nutrition plate“?
In former times, meat and dairy were presented as separate food groups recommended for daily consumption. Today, these two groups have been merged into a single group, „sources of protein“, which can be either of animal or vegetable origin. And what is more, food of animal origin is seen more as a „treat“ - i.e. food that is not to be consumed daily because it contains too little of the so-called „protective substances“ (or in some cases none at all). The most important of these protective substances are fiber and antioxidants. Also, now the so-called „calcium paradox“ has been solved, milk and dairy products are no longer considered the best source of calcium.

By changing its recommendations in this way, nutritional science has identified with Sattvic criteria of nutritional sufficiency. Still, Sattvic nutrition contains other factors that, so far, are not followed by human nutritional science. The first such factor is the individualization of nutrition, allowing one to eat less food, but of higher quality. Another is the factor of vitality. After eating a Sattvic meal, we should not feel tired - on the contrary, we should feel refreshed. The last factor is the quality of the environment in which Sattvic food is prepared and consumed. All of us know the difference in the quality of food that was prepared calmly, with love.

It is just these additional factors, and their solutions, that are brought to all by Yoga In Daily Life today.



Ing. Alexandr Darius Radecký
Czech Vegan Society

Dear Friends,

In the name of the Czech Vegan Society, I would like to thank you for your participation at this Conference, for spreading the peace and understanding in the world.

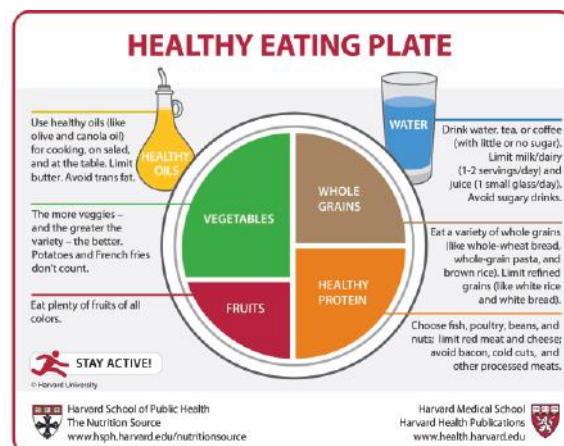
We live in times when the majority of us take it as completely normal that people of different races are equal, that men and women are equal, as well as people of different cultures. Despite this, there are living beings close to us, that are being denied their right to life and freedom; most of humanity don't only not consider them as equal, but also look at them as only objects. As objects that are only good for satisfying human needs – whether they are used as food, for production of clothing, or as a source of entertainment. Yes, we are talking about animals – they are also able to feel joy, love, pain and fear, just as we do.

This statement can be supported by numerous scientific studies, however all this is not necessary – we need only look into their eyes and we understand that they are beings, maybe not equal on an intellectual level, but who nevertheless certainly have emotions and desire to live.

If the 19th century was the century of fighting to abolish slavery; and the 20th century for equality between men and women, and for people of all different skin colours; the 21st century is for liberating animals, when their right for life will be acknowledged.

The expression for these endeavours is a vegan society. Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty towards animals, for food, clothing or any other purpose.

One group who is spreading these values in the Czech Republic is the Czech Vegan Society, a non-profit organization, whose aims are to make an easier environment in Czech for those who would like to eliminate or exclude consumption of animal products. We are focusing mainly on spreading information to the general public, as well as professionals, on the ethical, health and ecological aspects of veganism and livestock production. At the same time, we are co-operating very closely with other organisations, particularly those focusing on an ethical relation to animals, for example the association, Open Your Eyes.





However, Veganism is not only about the moral relations to our fellow creatures, but it is also about saving our planet. We are currently using much more natural resources than our planet is managing to renew. More and more agricultural land is turning into parched desert, at the same time much of the land is kept fertile only through chemical fertilizers. It is however not such common knowledge that not only industrial production is responsible for this devastation, but mainly livestock production, more precisely breeding animals for food.

Livestock production is responsible for a minimum 15.5% (some estimates even quote up to 51%) of all human produced greenhouse gas emissions, which is more than all the forms of transport produce (13%). Vegan food, that excludes all animal products from the diet, in comparison with meat diet produces up to 2.5 times less greenhouse gas.

It is not very difficult to imagine why the meat diet is not effective – instead of eating directly the nourishing food such as corn, wheat or soya (main livestock feed), we feed these to the animals that use most of the energy for their basic life functions, converted into body warmth, or eliminated in the form of greenhouse gases, mainly methane, which is approximately 50 times more effective greenhouse gas than carbon dioxide.

Livestock production uses almost one third of all water used in agriculture. This is in total 20% of all the water used by humans. At the same time, livestock production is the main source of water pollution and holds the first place in water pollution in the form of nitrogen, phosphorus, antibiotics, pesticides and heavy metals. The vegan diet means a lot of savings even in this field. Let us compare – to produce 1 kg of beef meat, the water usage is 15,415 litres; however 1 kg of grain uses 1,644 litres; and 1kg of vegetables only 322 litres of water. So in equivalent measurements, to consume 1000 calories of beef uses 20 times more water than consuming 1000 calories from grain.

Livestock production is also the main reason for de-foresting the planet. Each year an area of forests equal to the whole Czech and Slovak Republics together, disappears. Livestock production is also the main reason for de-forestation of Amazon forests – minimum 70% of de-forested land serves for livestock production; estimates made by the World Bank even mention as much as 88%.

One cow produces 22-27 kg of manure daily. A dairy farm with 2,500 cows thus produces the same amount of waste as the whole city of Bratislava, with its more than 410,000 inhabitants.

I trust that in your future activities you will be able to consider these aspects and I hope that in the near future and with our joint efforts we will be able to reduce the terrifying number of 68 million animals that are slaughtered annually for human consumption.

Ing. Alexandr Darius Radecký
Czech Vegan Society



Jared Finkelstein

Certified Trainer with the Center For Nonviolent Communications

Jared Finkelstein
Certified Trainer with the Center for Nonviolent Communication
WWW.CNVC.org

November 5, 2016

On behalf of the Center for Nonviolent Communication, and speaking only as one of many Certified Trainers throughout the world, I take joy in contributing these words on the occasion of the World Peace Council Conference, "Yoga for Non-Violence and World Peace."

*Out beyond ideas of wrongdoing and rightdoing,
there is a field. I'll meet you there.

When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase each other
doesn't make any sense.

-Rumi
(From Essential Rumi, Translated by Coleman Barks)

Dr. Marshall Rosenberg, creator of our practice of Nonviolent Communication (NVC), held a vision of what it would take for every individual to peacefully and fully live their part of our collective interdependence. He trusted this practice would inevitably lead the practitioner toward the consciousness expressed in the above poem by Rumi. Nonviolent Communication, inspired by and closely aligned with Gandhi's understanding of the word Ahimsa, has at its essence the same spirit, consciousness, and philosophy from which the practice of Yoga draws its inspiration.

Like Yoga, NVC is a path to peace. Nonviolent Communication proposes open-heartedness and a lived expression of interdependence on three levels: inner, interpersonal and systemic. First and foremost, we practice on the inside to cultivate peace within ourselves in those times when each and every one of us is less than who we strive to be. Cultivating an internal curiosity, with a willingness to learn and grow without an internal voice of blame and punishment, is at the heart of the practice. Marshall believed that if these qualities were not cultivated broadly, than relating peacefully to each other in the outside world would be far more challenging, if not impossible. Second, we





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“One in all and all in one.”- H. H. Sri Swami Madhavananda



practice with each other. Training and practice in Nonviolent Communication inspires us to discover unique, authentic ways to create relationships that allow the natural arising of compassionate giving. When people enjoy a quality of connection with one another where they have a felt sense that all of their needs matter, and they enjoy a freedom to choose without fear of punishment or reward, then the giving is free and the desire to contribute to one another is authentic and natural. This is the manifestation of Ahimsa and Satya in our relationships. Third, we work to create life-serving social systems. Practitioners of Nonviolent Communication investigate the structures that we as human beings have created, such as governmental structures, social structures, cultural structures, and more, to determine whether they support peaceful connections between us. If not, they explore how they might work together to transform those structures.

Nonviolent Communication and Yoga point to the same “truth;” both are spiritual practices taught and studied all over the world, guiding their practitioners toward an inevitable understanding of our collective interdependence. These practices invite practitioners to participate in a world “out beyond ideas of right and wrong,” into relationships with the world as-it-is. Beautiful, precious, full of life and rich with opportunities to contribute to life from our inner calling - this is their essence.

Yoga offers a path emphasizing the somatic. Nonviolent Communication offers an invitation initially more cerebral in its form. Both methods employ a lexicon and grammar unique to the cultures within which they were inspired and born. Yoga and Nonviolent Communication are both spiritual pursuits in the sense that “what they are” is beyond language and at their core they ask us to look inward and explore our essence over and over again.

In this spirit, I wish to express gratitude to the World Peace Council for its work sharing the power and potential of Yoga, of Peace, and of Nonviolence all around the world. I celebrate with each and every one of you the companionship I experience in our joint efforts to invite the people of the world ever closer to a world of peace that works for all.

Sincerely yours,

Jared Finkelstein



Gabriela Filippi

Czech Actress and Founder of The Healing Theatre

Allow me to greet you all from the peace within in my heart.

As an actor, woman and mother, who treasures each and every moment spent in harmony and love; in the mutual sharing, not only with myself but primarily with other people, I have realized that the only permanent happiness we can find is only within our heart, where we are one with the Divine.

My yoga practice and creativity at The Healing Theatre helps me to create this silence within myself. There I have found my real self and also the way I can be beneficial to others.

I create theatre performances that are reflecting the depth and mysticism of human life. I wish for mankind to realize that purpose of life which is why we are all here.

With love
Gabriela Filippi





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“One in all and all in one.”- H. H. Sri Swami Madhavananda



Klára Issová

Czech Actress, Yoga Practitioner and Charity/NGO Supporter

Good day to all,

Thank you for inviting me to the World Peace Council Conference, with its message that yoga practice helps to positively transform the individual and thus transform society.

I would like to share my own experience with yoga:

After my first yoga class I felt happy and almost felt I was floating ten centimetres above the ground. I left the class with a smile and sense of peace.

After few weeks of practice, I felt that my body became more flexible, stronger and overall I felt very good. I had plenty of physical energy and at the same time I managed to keep good spirits due to the contribution of meditation and relaxation after asanas.

Previously I had tried meditation, but never managed to stop the flow of my thoughts. I realised that it is the combination of physical practice of asanas and breathing techniques that prepares me well for meditation, which suddenly became much easier after my body got physically 'tired'. What I couldn't do before suddenly became easier.

Today, after several years of practice, I can't imagine my life without yoga. It is a technique I can do anywhere and at any time; I can use it to help me whether it is for back ache or to calm my mind. To come back to the centre, to my heart, to the peace.

Peace, contentment, positive mind, joy – these are all qualities helping us to go through daily life, our work and relationships that are most important to us all. Yoga has taught me patience. Patience with myself and with others. We have a chance to make a fresh start every day, each time we try a bit harder without blaming ourselves that we are not good at something and with each try we become better.

I perceive yoga as a gift, because it is teaching us to love ourselves and accept ourselves. I have understood that this is another vital quality. Only if I love myself am I able to love my surroundings, and I am able to have more compassion towards all equally. After this, it is just beautiful to observe how compassion and kindness can change every situation and each person.

Again and again I am surprised by this mighty power. I know I am not perfect, there may be times I make mistakes, but I don't blame myself. With patience I will just keep trying again and again.

Namaste

With love

Klára Issová



Ariel A. (Green) Andersson

Conscious Life & Business Coach

Dear Swamiji, The World Council for Peace and Non-violence through yoga and all delegates and supporters,

I thank all of you who are giving energy, their willingness and opening to what yoga can do to create a better, more peaceful and non-violent world.

I have been lucky enough to meet Swamiji and Paramhans Sri Swami Madhavananda, the 1st time, nearly 20 years ago, in a chance (if there is such a thing) visit to Střílky. I felt then that something more was unfolding in the seed that was planted in that visit. Much changed over those years with yoga and life and in the world.

Today, I am honored to be a part of the thoughts, visions, intentions and hopes toward enlightenment for a world filled with less violence and more peace. In my humble life on this planet, living and exploring different cultures through travel, projects, people and possibilities.., I have found great hope..

While working with consciousness in life and business, I am ever warmed by the ability of all kinds of people to make shifts they may never have imagined in the years before. Often, a shift began to happen through yoga, meditation, movement and discovery that there could be another path.

Yoga guides us through the silence and chaos of our minds, allowing us to sit within awareness of our bodies, spirits and lives. Here, we are made aware, and reminded, of the gifts within ourselves that call to be shared, to effect and help create a world where all can feel relaxed, safe and full.

On the darker days, it is too easy for many of us, standing on our own or even within a supportive surrounding..to get lost, to feel deep physical, emotional and even heart pain; a lack of peace. From this place of muddled mind, body and soul, much violence can come too easily. If not physical, then emotional or in our thoughts toward others, who may not always aligned with our core values. This feeling in each of us, and especially those in power..can lead in a direction of ill ease, less peace, greater war, and much violence..as balance is too far from reach..

We, the people, seem to always be searching. For something. For love. Fulfillment, for peace.

All the while it resides within us, waiting to be released, to connect with others, and to be seen, discovered and grown.

Imagine, for a moment..What if many opened to yoga and that which opens to peace thinking and feeling. What might the world be like?

Yoga brings together the silent pieces, living in the corners of us, and releases the peace that dwells just under the surface, just out of reach..until we sit and move our bodies and minds and let it all float up within our logic mind's reach.

Here, in yoga and intentions, we are connected with our own ability to see things from a view through light and clarity. What comes can surprise, making us alert to our own gifts and the necessities of existence on this planet both within our own daily life and what is possible beyond its borders. With yoga, peace has strong existence and we all have a chance to affect shift, change and create an atmosphere of non-violence.

Let us continue the journey together openly, wisely and with hope and perseverance, as this council leads the way.

Kind Regards,

Ariel A. (Green) Andersson

Conscious Life and Business Coach





Cecilia Macaulay
Human-centred Permaculture Designer

Sydney/Melbourne/Tokyo
cecilia.macaulay@gmail.com

November 7th, 2016



This whimsical-looking picture is the first I drew when I started out as a Permaculture designer. Its title is 'Swords into Plowshares, no more war'.

I'm honoured to have this image appear here, as part of the World Peace Council Conference this year.

I deeply admire both the thinking and action behind the work you do.

It is in the same practical, constructive spirit as Permaculture: getting the ground of our beings in good order.

'Once you have a basic thing right, all the things around it go right, by themselves.' said our founder, Bill Mollison, recipient of the Right Livelihood award.

Peace then appears, seemingly by itself, as a natural result of this good hard effort in the foundations of things.

Yoga and Permaculture are both disciplines about strengthening our bodies, spirits and homes, setting ourselves up to be flexible in a world of the unpredictable.

Both are about creating connection: voluntarily 'yoking' ourselves to others, so we can do better, and bringing connection to the disparate inner impulses we all must manage, learning to go with, not against our nature.

I drew this picture during a heart wrenching time: the first invasion of Iraq. Permaculture is about designing and creating the world you do want, rather than protesting what you don't want. Behind most conflict is snatching the resources of others. The second tragedy is how we then waste what we won, in useless consuming.

"What if I could create a model of a satisfying, attractive, low-resource life?" That was the dream of the younger version of myself, a dream I'm now grateful for. Such a culture would start with creating household culture of connectedness, one by one, so that with or without families of their own, people could have beautiful satisfying home lives, make a little go a long way.

In this imaginary daily life I drew, we would turn bitumen roads back into walking tracks. We would cycle home from the village workplace at lunchtime. That's enough work for one day, since we don't desire cars or big empty houses any more. Afternoons are spent on our 'life work'. We would be writing our book, doing our yoga, living our vocation.

On our way home we would run into convivial friends and neighbors, our true treasures in life.

Together we would pluck the salad along the path, and share a long picnic lunch. Maybe in dappled sunbeams filtering through the leaves of grapevines we had planted.

Abandoned petrol stations would be turned into olive oil stations, and there would be no more war.

Yes, this is a line adapted from the old Testament. I remembered it from my childhood as being beautiful, about an era of justice that the prophet predicted would come. The work of making it come is worth dedicating your life to.

Straight after drawing this extravagant fantasy picture, I started creating shareable creative houses. It was difficult at first. I chose good people, but we would cross each others boundaries, feel resentful at small things, small trespasses.

'I'm a designer, not a whiner' I would remind myself, and using the yoga spirit, bit by bit I got stronger, more flexible. I would set clearer, achievable boundaries for self and others. My fairyland home is getting more lovely each year, with city chickens, fruit trees, and an upward spiral of putting in effort to please our housemates.

It's my wish for all participants that they learn the very 21st Century joy of hosting strangers in their low-tech homes.

As guests do good work making life better, the spirit of the Conference can spread out to the world, one household at a time.





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David Heneberg
Physiotherapist and Yoga Teacher

Non-violence in Physiotherapy

As a Physiotherapist I have been working for more than 20 years at connecting my profession with the practice of Yoga. According to ancient scriptures *ahimsa paramo dharma* means that non-violence is the foundation for everything. If we want to follow this principle, the first thing we face is our body and mind. Every misbalance called “illness” is connected with a certain level of non-acceptance or violence towards ourselves. So the process of physiotherapy starts with non-violence, with acceptance, with love towards ourselves.

The traditional role of a therapist is the belief they will perform certain procedures in order “to fix the problem” from outside. We think that the accident or illness happened to us and we feel we are a victim of this coincidence and quite often we refuse to take responsibility for the whole situation at all. This approach creates a lot of tension, stress and pain to us –we are simply being violent towards ourselves.

Non-violence within physiotherapy is not only offering modern ways of hi-tech medicine to treat the body and mind, but first of all it is creating the space in which the client can meet him/herself in a violence-free zone. Very often it is for the first time. It gives the client a chance to see pain and disease as an opportunity to grow; it enables them to meet their self as a beautiful, complete being. In other words it shows suffering as a mean of development for human growth.

In such a process the client and therapist are helping each other to become more free, loving human beings. Together they create a violence-free zone full of acceptance and love, which reaches far beyond the individual. The play of giver and receiver, the therapist and patient, is dissolved and only the process of harmonizing, mutual exchange and healing takes place, out of which arises two more mature beings.

I feel myself very honored to have had the chance to find the practice of yoga and to make it a part of my work.



Yashoda Mather
Yoga Teacher





Mgr. Ivana Růžičková
Teacher of Elementary School, Prague

Systems of education vary from country to country within Europe and other continents. Systems, methods and forms develop, shift, and change from generation to generation. But there is one thing that remains: the natural inquisitive nature of children that motivates them to learn and discover. It is up to us adults to create conditions in which children can develop their personalities.

In the Czech Republic today, children have enough opportunities to develop their talents, learn with the help of technology, and engage in hobbies during their spare time. Still, in my practice as a teacher, I see more and more children with specific learning disabilities, behavior issues, with confused values and attitudes. As a yoga teacher of the Yoga In Daily Life System, I work with both adults and children. Our elementary school in Prague has Yoga and Relaxation Exercise in its curriculum as an elective subject. There, younger and older children from various classes and grades meet and form friendships. They learn to relax and practice yoga asanas, work with the breath and get to know their body. As a pedagogue, it always brings me great joy to watch as their efforts bear fruit. Some children learn to deal better with their challenges, several have seen great improvements in their health, and they do better at school. As assistant principal I also receive positive feedback from parents, some of whom choose our school specifically because we offer yoga classes.



Pavel Klimeš
Yoga Teacher at Yoga In Daily Life Prague

Introduction to Children's Practice

At the Conference –Towards Non-violence and Peace in the Worldthrough Yoga Prague 4.12.2016

Let me introduce the following performance of children practising according to Yoga in Daily Life System with words of Mahatma Gandhi that can stillinspire us today in our striving for creating a better world without wars and violence.

“If we want to achieve real peace in this world and if we really want to fight for peace, we have to start from childhood. Children are our future. Their good education will bear the desired fruit.”

In 2014, the United Nations declared 21 June asInternational Day of Yoga on the India proposal. This was based on the conclusion reached by a majority of member states' representatives, that practising of yoga in its authentic form can help greatly in reaching the progressive aims of the UN. While declaring International Day of Yoga, theUN stated that all humans have a right to be informed about the positive benefits of yoga practice. If people should learn the positive effects of yoga, than it is surely best to start in childhood, when the individual is learning the basic knowledge and skills, and when the individual lifestyle is being shaped. Whether the child will make yoga part of their life, we shall leave upto the individual to decide, but parents and teachers should give children the opportunity to learn and try yoga practice.

The practice that the children will now show you, and which will also be a part of a book published next year, was created to make it easier for children to try yoga practice already in primary schools; and to show to teachers and parents how to use yoga in children's education,in order that they become adults who are more responsible for their health and environment, and who will contribute towards improving human relations and thus world peace. According the spiritual master Sri Chinmoy, peace does not mean only absence of war;peace means presence of harmony, love, contentment and unity. We should strive towards such a peace and also always keep in mind the words of another spiritual master that is currently among us and is initiator of this conference: Paramhans Swami Maheshwarananda said:

“As you strive to achieve peace, start with the people in your close environment. Be in peace with them. Express understanding and forgiveness inside you. Develop inside yourself a sense of unity and do not be the cause of suffering. In order to bring peace to the world, we have to create peace inside ourselves.”





PRACTICE FOR SERENITY AND PEACE IN THE WORLD

Accompanying text for children's practice at the conference
Towards Non-violence and Peace in the World through Yoga

Prague 4. 12. 2016

According to the system of Yoga in Daily Life from Paramhans Swami Maheshwarananda
Compiled by Pavel Klimes – Mohanpuri

CALMING EXERCISE

Now we sit straight and tune to yoga.

Before we start with practice, we will do some chanting to calm down
Three times the mantra Om: Om... Om... Om...



SUNRISE

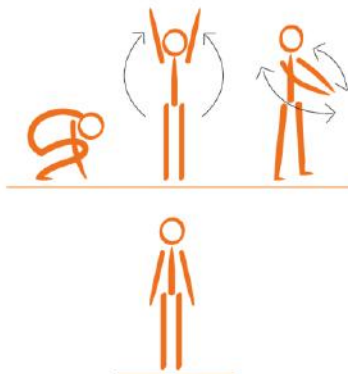
It's dawn, dawn, the sun is rising.

It's morning, early morning, soon the sun will be up.

The sun is rising, climbing up the sky, smiling on people
saying wise words:

**"Clap in the front, clap at the back, I will advise you wisely.
Smile at the world and wish good to all!"**

We wish serenity and peace to all that everyone can live happily.
Now we stand straight and greet the sun.



SMALL GREETING TO THE SUN

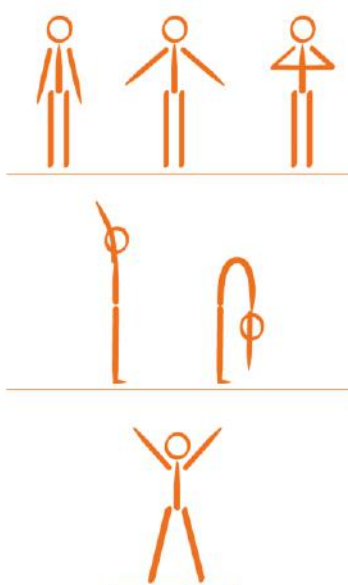
Turn your palms towards the Sun, join them and put to your heart.

Looking up towards the sky, bow to the earth to pay respect,
staying still for a moment.

Lift your arms up and join them above your head,
Lower them down to your heart, greet the Sun: Hari Om.

The Sun is smiling and saying to all people:

**"Whether you are big or small, practise yoga for your health.
It is true what I am telling you, the one who practises – wins!"**



SUNFLOWER

Let us spin a little, practicing sunflower.

Sunflower is growing, growing into a great beauty.
It is a big yellow bloom, smiling to the whole world.

It is slowly turning towards the sun, it is spinning.
Turning slowly this way, that way, do not hurry when practicing.



TREES IN THE WIND

Sun is warm, the wind is blowing, the meadow near the village is blossoming.
Behind the meadow the trees are standing, with the wind they are bending.

Bending here and bending there, the wind is blowing harder still.
The wind is calming down, turning into peace and stillness.

In this silence the butterfly flies, let us practice accordingly.



BUTTERFLY

The butterfly is flying softly, he does not wish to sit anywhere.

As he gets tired, he sits on the flower, folding his wings and closing his eyes.
The sound of Om is softly resonating from somewhere.

As a result Butterfly is full of joy, suddenly forgetting his fatigue.
Opening his eyes he flies away.

Butterfly flies through the world, observing everything carefully.
Just now he is flying over the heads of the children.

He sits down by the children, smiles and says:

**"Have love in your hearts for all, be good and help others!
Then I won't have a worry in the world and everywhere will be only joy.
There will be peace and contentment everywhere and all will live happily!"**

So we sit straight and what shall we answer?

**"It is very clear and we know that love will fix everything.
We have plenty of love and are sharing it with others."**

WE LOVE

We love: sun, earth, trees, rivers, all living beings.
We sing Om and it sounds like a bell.

Om... Om... OOOmmm...

Those who do not know yet, the world is full of children.

May all living beings be happy, let us be good.
Hari Om.





Síta Rojová
Yoga In Daily Life, Prachaticce

Let me warmly greet the conference of the world peace council in Prague, 2016, in the name of mine and all the children and adults that visit our courses of Yoga in Daily Life. My name is Síta Rojová and in the last 20 years I have not only been leading the courses of Yoga in Daily Life under the leadership of my Master Vishwaguruji in several towns and villages in the Czech Republic but I am also an author of books for children, most of my books are fairy tales. At the beginning of my contribution, I would like to pose a question to the participants of the conference: Is absolute peace on our planet a mere fairy tale dream or do we really believe in the chance to achieve it?

I do not know your opinion however I believe the answer is clear. It comes out of the contemplation about the essence of human being which is based on the yoga philosophy. A person was created as a person in order to implement his real I, the harmony with the pure divine energy, which I dare to call Love. A person was created as a person in order to help and protect other creatures and the planet Earth. The real human attributes are understanding, compassion, tolerance, ability to forgive and love. Every living being craves for happiness, either knowingly or subconsciously.

Thus, why is the life of mankind not happy? What is the path to remedy?

Many have forgotten their never ending alliance and friendship with God, their human task – dharma. We have forgotten who we are and we forget to think about how we are and whether it is right. The darkness of ignorance creates more and more mistakes through which we sin against humanity. Disharmony becomes evident in human bodies, minds, in the relationships and in nature. The only way which leads out of the problems is to gradually return balance, harmony or in other words – yoga, into all of the aspects of life.

How? Shall we practice exercises of the body – asanas, breathing exercises – pranajama, shall we meditate, practice cleansing techniques, sing mantras, learn to relax? Which one of the uncountable choices of techniques will be the saving help?

I have the answer to that as well. It does not follow from any theory but from my own experience.

It is very simple – we need Yoga in Daily Life. The System which leads the body, the mind, the consciousness and the soul to harmony. The System that brings physical, mental, social and spiritual health. The System that brings a person to self-knowledge. The System that has been created by the self-realized Master Vishwaguru Paramhans Swami Maheshwarananda. The System that provides blessing to all the practitioners and over which his author holds his protective hand all day and night long.

I am happy that 17 500 practitioners that take part in almost 2 000 regular courses of Yoga in Daily Life in 20 countries around the world share similar experiences.

I am sure that universal peace is not a fairy tale dream but an only correct, logical and real approach of the future of mankind.

Let's take advantage of the great chance for mankind in the form of Yoga in Daily Life.

Finally, let me express my warm acknowledgement to my Master for his tireless and unselfish work for universal peace.



Kapil Agarwal
Peace Ambassador

Kapil Agarwal is a Young Entrepreneur having Transport & Logistic business in the name of Globe Asia Transport in Jaipur, Rajasthan – India and also having political & social responsibilities for Rajasthan. He is also the Secretary of H.H. Vishwaguru Swami Maheshwaranandji & Ambassador of World Peace Council for India.

"Yoga & Youth Power for World Peace"

The great challenge of transforming this World can be achieved with the balance of yoga and power of ideas, ambition, and ability of youth. Youth was always and is still an important building block for transforming World into a Global Planet of Peace.. Yoga is not a religion; it is a way of living whose aim is 'a healthy mind in a healthy body'. As we know Terrorism is raising its head in many countries and gun alone cannot control it. "In order to root it out we have to change the mindset of the people and for that yoga practice would play a significant role."

The combination of Yoga & Youth helps in developing new ideas, infusing new energy, and with neutral background which contributes to the peace development. We should also make sure that national policies are religion-neutral, with no place for phrases like jihad etc. With the help of yoga we can make respectful and spiritual relationship between all beings on the earth and free the world of misery.

Yoga teaches us to empathize with all beings through intentional movement (asana), conscious breathing (pranayama), meditation, satsang (community with a good people), serving others, and practicing an ahimsic (non-harming) lifestyle thus creating a path to Inner Peace and through it to a World Peace. Yogic exercises recharge the body with cosmic energy, remove negative blocks from the mind and toxins from the body and also enhances personal power.

As my beloved Gurudev H.H. Vishwaguru Swami Maheshwaranandji said: "Tones of theory is nothing when compared to a gram of practice!" Therefore one should not only talk and listen about yoga but also practice it. Swami ji also added that we must not only understand and respect one another, but we must welcome each other. That changes a noble, but passive quality into active. To be inclusive and participatory is at core of an inner peace which, while secure in its calm, is energetic in its promise. Every inhabitant of this planet should think "wherever I go, peace is with me, because without peace there is no me."

Finally, I am sure that with World as a big laboratory, and with the experiences of our Parliamentarians and Leaders, which is very extensive, it is only a question of using it with commitment to peace development. **We must ensure that 21st century should be a century of tolerance and peace, led by the Yoga and Youth.**





Global Action for People and Planet

The International Sri Deep Madhavananda Ashram Fellowship, a worldwide non-profit humanitarian organisation with member associations in Special and Roster Consultative Status with UN ECOSOC, is carrying out and supporting numerous humanitarian projects in Rajasthan, India, in cooperation with Sri Swami Madhavananda World Peace Council, humanitarian Foundations in India and Yoga in Daily Life associations worldwide.



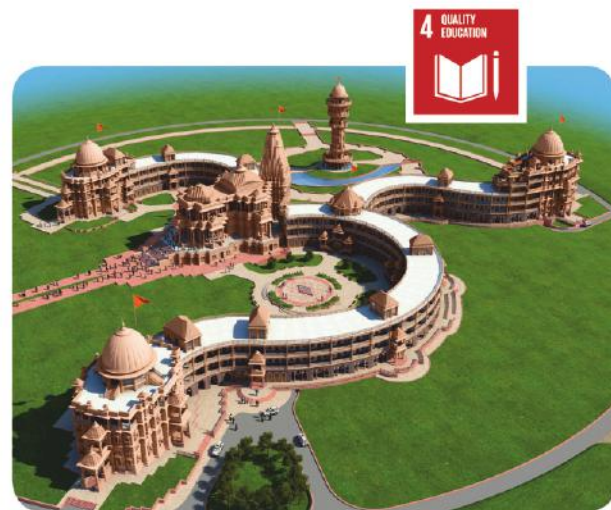
Jadan School (Sri Vishwa Deep Gurukul Prathmik Vidyalaya)



Gyan Putra Project



Jadan College (Paramhans Swami Madhavanand College)



Om Ashram



Swami Madhavananda Austria Hospital



Women education programmes



Desert Rainwater Harvesting Project



Tree planting and organic farming



Preserving ancient handicrafts, arts and technologies



Animal welfare programmes (Gaushala)

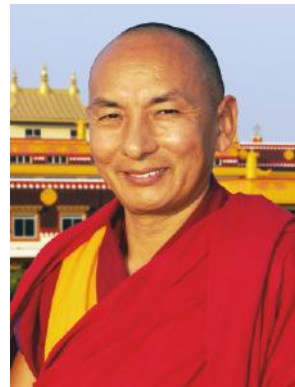


World Peace Council Conference

04th December 2016, Lucerna Great Hall, Prague

A Path to Non Violence and World Peace

“One in all and all in one.”- H. H. Sri Swami Madhavananda



Gaden Lachi

Former Chantmaster Geshe Lobsang Soepa



MM Swami Vivek Puri

President of Yoga In Daily Life Croatia
President of Hindu Religious Society of Croatia

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Gaden Lachi Former Chantmaster
Geshe Lobsang Soepa
www.geshelobsangsoepa.org
e-mail: geshelobsangsoepa@gmail.com Mob: +91 984 503 7094

World Peace Council Conference
Prague Czech Republic 4th December
Yoga for Non-Violence and Peace

It's a great pleasure and an honour for me to receive invitation from Sri Swami Madhavananda World Peace Council to take part in world peace council conference at Prague Czech Republic on 4th December 2016, organized by Sri Swami Madhavananda World Peace Council (SSMWPC) in cooperation with Vishwa Guru Deep Hindu Mandir- Czech Hindu Community. I cordially congratulate the council and Vishwa Guru Deep Hindu Mandir for organizing such a dedicated and wonderful conference.

Today's world is much more developed than ever in terms of financial and external facilities but mentally, it still seems far more deprived and challenging to us. We all prefer peace and loving community where we can find peace and love but we fail to find the true way and means. We fail to understand that we can never obtain peace in the outer world until we make peace within ourselves. If we could conquer ourselves, it is a greater victory than to conquer thousands in a battle.

To make this world a peaceful community, we must first make peace within ourselves at the individual level and for that, Yoga is the only way to achieve our goal. Through yoga one can clean oneself not just physically but mentally as well. In the view of Buddhist culture, particularly in Buddhist Tantric tradition, Life exists with three things: nerve, wind and energy. Once we practice these three elements through yoga, we can overcome the three root causes or the three main poisons; attachment, hatred and delusion thus leading us towards the path of non-violence and help us achieve inner peace and develop a loving heart.

In a nutshell, I want to express that I appreciate and respect all peace loving people, organizations and especially those who strive to bring peace in the world not just in words but through their actions.

I wish World Peace Council all the success and I look forward to further more conferences that would enlighten the world in a true sense.

Thanking you,
With regards

Gaden Lachi Former Chantmaster
Geshe Lobsang Soepa

GADEN JANGTSE HARDONG KHANGTSEN UNIVERSITY
Lama Camp No.1, P.O. Tibetan Colony-581411, Mondgod, Distt. North Kanara, Karnataka, India

Udruga "Joga u svakodnevnom životu" Zagreb
Jurisčeva 3/IV, 10000 Zagreb, Hrvatska
Tel. 01/481-2624; faks: 01/481-3527
e-mail: zagreb@yogaindailylife.org

Udruga "Joga u svakodnevnom životu" Zagreb
Je ogranak međunarodnog Sustava "Yoga In Daily Life"
Udruga je neprofitna pravna osoba. MB/OIB: 03297152/61468519769
Žiro-račun: Raiffeisen BANK Austria 2484008-1102817296

Very often I hear people asking why Yoga in Daily Life organises Peace Conferences and insists so strongly in observing the International Day of Peace and the International Day of non-Violence.

A wise man once said: 'When I was a kid I wanted to change the whole world, when I grew up I wanted to change the others, and now growing old I know I can only change myself'.

We have all found ourselves in multiple situations when we wanted to change the others or the whole world, of course for better, but still according to our wishes and our benchmarks. The wish to change the others cannot bring anything good, but can only harm the relationships and lead us into the conflicts. Teaching of Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwaranandaji enables us to get to the point of understanding and problem solving through self-reflection, self-observation and self-inquiry. It provides us with practical tools for reaching the state of inner peace and happiness in daily life and consequently for becoming a better humans. The rationale is clear: Only the one who attained inner peace can make a real contribution towards the world peace.

It is a well-known fact that we are all social beings and we are mutually dependent. The scientists have proven that an addict impacts his environment in a negative way destroying the life of minimum three other persons besides their own lives. The same principle applies for the self-realized persons who have reached the state of inner peace and inner happiness. That person impacts their environment influencing the lives of others in a positive way, bringing harmony and peace into their immediate family, among their friends, relatives, neighbours, colleagues, and, eventually, the society as a whole.

The system of Yoga in Daily Life offers us tools and techniques to attain that genuine state of capacity for compassion, peace, understanding and unconditional love. Additionally, through his daily teachings or Satsangs Vishwagurujji instructs us on how to apply that tools and techniques and motivates us to continue practicing and advancing on our path to the mastery.

The peace conferences and similar events raise our awareness about the questions that matter, open the new options for us and motivate us to start the change and endure on the path of change. The more people start with their first steps, the bigger the global impact and the sooner the world is a better place not only for humans, but for the all living beings.

President of Yoga in Daily Life Croatia and Hindu religious society of Croatia
MM Swami Vivek Puri





Swami Anand Puri
Hindu Religious Society of Croatia and Yoga In Daily Life, Zagreb



Swami Yogesh Puri
Shree Vishwa Deep Gurukul,
Swami Maheshwarananda Ashram,
Jadan, Rajasthan, India



HINDUISTIČKA VJERSKA ZAJEDNICA HRVATSKE

Jurišićeva 3, Zagreb · telefon: 01/492-1102

The desire of almost every man is to live in a world of peace and non-violence. But to most of us this desire seems unattainable and in the domain of utopia, so actually we give up at the very beginning. We give up because we know very well it is not enough to just have a desire to make it really happen.

It is important to know that as each trip begins with the first step, likewise the world peace and non-violence society starts with the realization of peace and non-violence within ourselves. Here we come to the question which is asked automatically, and this is, "how, which is the first step to achieve peace within ourselves?" As with any trip, there's always a few different roads leading to the same goal. It is certain that we will reach the goal with each of them. Everyone will go the way that suits them the best and that attracts them, but Vishwaguru Maheshwaranandaji, my teacher often says that path of authentic traditional yoga like Yoga in Daily Life as the path to self-realization, is a highway between the paths. Indeed, after all the motivational lectures, books and instructions, at the end remains to do something in practice to become (better) man. Traditional yoga, System Yoga in Daily Life gives us just that, perfect, complete tool, techniques of yoga so we can achieve the goal.

And there, our path, our dharma does not stop. As Vishwaguruji says, Paras is a stone that turns iron into gold, but it cannot create new paras. Realized teacher is such paras which creates another paras from the iron. This is our true dharma, through personal development and realization to come to peace and non-violence within ourselves, teach others how to do the same, but at the end make other to transfer that knowledge.

Today's world again awakes that yoga and meditation are essential part of life if we want to achieve all four types of health, physical, mental, social and spiritual health. Yoga, traditional authentic yoga which came to us unchanged and clear through the great teachers of today, gives the answer to the question what we can do for the world peace. We believe that with each meditation for peace, with every new tree that Yoga in Daily Life planted for peace around the world, awareness began to grow within all people who participated, not just awareness of the need for peace, because it is clear to everyone, but awareness that such a future is feasible and possible.

Swami Anand Puri
Yoga in Daily Life Zagreb

Yoga for non-violence and peace

Peace. It is one of the most used words in this world. Countless wars have been fought in the name of peace, with the aim to achieve it, but today the world is just as full of violence as it was throughout all of known history. Mahatma Gandhi showed us that in nonviolent ways it is possible to defeat almighty violent powers. But still peace is not achieved in his great home country, as well as nowhere in the world. The world has developed immeasurably in the past century. Humans are flying as birds, communicating with any part of the world, researching atoms and galaxies, but peace is nowhere in sight. It is the opposite. The possibility of nuclear war that can destroy human civilisation is very real.

How is it possible that the intelligent human race is poisoning land, rivers and air that we are breathing, and doing all this to itself? Why we are killing millions of other living beings that have as much right to be on this planet as we humans? How far will Mother Earth be able to deal with the violent children of hers called 'humans'? We cannot find answers to these questions in the outer world, but only within ourselves. The way was and is shown by numerous great, enlightened souls of this world.

Dharam Samrath Paramhans Swami Madhavananda was one of the greatest of them. A yogi, humbly living in a remote corner of Rajasthan, who was tirelessly working for world peace through his prayers and teaching. That is why it is fully appropriate that the World Peace Council carries his name. It is countless yogis and saints that are keeping balance in this world, preventing it from falling into complete darkness. It is they that can bring everlasting peace to the world.

Our beloved Gurudev, Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda, has dedicated his whole adult life to minimizing the suffering of mankind, other living beings, and nature as a whole. His tireless efforts have brought visible changes to western countries where his disciples and followers are practising yoga according to the holistic teaching, known as Yoga in Daily Life – which has firm roots in the timeless lineage, Om Shree Alakhpuriji Sidha Peeth Parampara.

It is through his teaching and blessings that tens of thousands of lucky people are going through inner transformations that will give them personal experience of their divine origin and the realisation that everything on this beautiful planet, called Mother Earth, has the same origin. And that experience will bring happiness, inner peace, non-violence and love for all living beings to them and eventually to the whole world. Spiritual development of the human race is the only hope for the peace on this planet. Yoga practices that have firm ground in enlightened yogis of past and present, are the fastest way to an enlightened society in which wars and violence will be only a memory.





World Peace Council Conference

04th December 2016, Lucerna Great Hall, Prague

A Path to Non Violence and World Peace

“One in all and all in one.”- H. H. Sri Swami Madhavananda



Sadhvi Parvati

President of Living Light Mahaprabhudeep Satsang Foundation

On the occasion of the World Peace Conference I would like to remember some of the quotations from the ancient treasure chest – the Vedas – from where the teaching of yoga originates.

Even nowadays these thoughts are still very relevant and inspiring.

The Vedas teach us that the basis of all religions is humanity, and that our actions should be in harmony with humanity and truth.

All people are children of the Earth, brothers and sisters. The Divine resides within every living being – the one omniscient and omnipresent God.

Having peace in your own heart, being in harmony with yourself and with your environment, creates peace and harmony in the family, happy and harmonious families create a happy, harmonious and prosperous country; and together such countries are part of a healthy and peaceful planet.

Let me share with you few quotations: Let there be no jealousy between brothers. Let there be no jealousy between sisters. Let all the members of family have consideration for one another. They should all keep united in good conduct and work together for progress. They should speak sweetly among themselves. (Atharva Veda)

Let sweetness be in the front part of my tongue, and in the base of my tongue. There should be sweetness in my acts, and sweetness in my heart. (Atharva Veda)

Mother Earth! Do not torture me, nor will I torture you. (Yajur Veda)

O Men! Walk together, sit together and talk, and keeping the mind in equanimity, try to find out the truth. Earlier gentlemen, practising equity and co-existence, took their share and maintained themselves. (Rig-Veda)

I remove anger from your heart in a manner in which a bow is unstrung. I do it so that we may have common mind and live as friends. (Atharva Veda)

We should be fearless of friends, and fearless of enemies also. We should be fearless of those whom we know all, and fearless of those whom we see in front of ourselves. We should be fearless in day and fearless at night. So much that all directions become our friends. (Atharva Veda)

Just as the Sun and the Moon move on their path, doing good to others, likewise we should walk the path doing good to others. We should pass on useful things to others, we should never harm others, and walk in a just manner, organised, having known the truth. (Atharva Veda)

Intelligent persons organise themselves in unity in order to achieve a larger objective. They know each others' hearts and minds and have common thoughts. They do not quarrel among themselves, they do not violate the rules of nature, and grow rich, conducting themselves in a non-violent manner. (Rig-Veda)

O Mother Earth! Just as a home allows men of different temperament to live in, in the same way, you keep with you and maintain men speaking many languages and following various religious sects. Just as a simple, non-quirky cow conveniently allows itself to be milked, likewise O Mother Earth, you give us wealth from thousands of sources. (Atharva Veda)

I advise you to keep your hearts pure, and following the order so your leader work collectively for your progress. Just as gods protect amrit, likewise you keep your heart holy and happy from morning till evening, and from evening till morning. (Atharva Veda)

O Men! I call upon you to be of sensitive heart. Be of pure heart. And live with all living beings without jealousy. Love one another in the same way in which a cow loves its newly born calf. (Atharva Veda)

I would like to thank Vishwaguruji Paramhans Swami Maheshwarananda, who has been leading us for over forty years, and tirelessly teaching us these beautiful thoughts and wisdom, helping us to live happy and healthy lives, and guiding us towards reaching the aim on our spiritual path.





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A Path to Non Violence and World Peace

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MgA. Radim Paluš
Yoga in Daily Life Prague Board Member

How do we perceive the importance of Yoga for non-violence and peace in our Yoga in Daily Life centers in Prague?

Thanks to Vishwaguru Paramhans Swami Maheshwarananda, we have in our hands a treasure called Yoga in Daily Life. It is a scientific system, which consists of authentic yogic postures, breathing, concentration and meditation techniques, as well as instructions on how to lead a good life, specifically by following those ethical and moral principles which are rooted in Sanatan Dharma and the Vedas.

Having practiced this system ourselves for many years and observing many positive changes in our lives, we dedicated ourselves to spread these teachings further, according to the instructions of Vishwaguruji, as a service to humanity. Most of us are leading Yoga classes as volunteers, which only testifies to the value of what we have gained, and which allows us to perceive our students with love, as a part of our big human family, and not as 'customers'.

Already for some decades, we and our predecessors have observed thousands of people coming to our Yoga classes in Prague every week, exhausted from their jobs, arriving with faces looking drained; but then after 1 hour and 45 minutes of relaxation, physical and breathing exercises and meditation, become shiny. Most of the people go home full of energy with a smile on their face. For us this is an indisputable testimony of the positive effects of Yoga.

If we practice Yoga in Daily Life on a daily basis, we gain inner harmony, which results in harmony with the outer world, our families, friends and colleagues.

Our behavior depends mostly on our inner climate, which is influenced by our nourishment, way of thinking, the society we keep and environment we choose, and the way we act. Junk food, bad society, lack of proper movement and a polluted environment, lead to many kinds of mental and physical tensions, which result in negative thinking, which spoils our inner climate, and that leads to doing bad actions.

That is why at Yoga in Daily Life we inspire people to eat healthy, organically grown vegetarian food. And to eat at the appropriate time and in the proper environment. Being vegetarian means being non-violent and compassionate towards animals, which results in reducing violence and suffering in general. There is either violence or there is love. If we are loving, we can't be violent.

We inspire people to do healthy exercises and relaxation techniques, which release every kind of tension, and make the body and mind calm and peaceful. We inspire people to think positively and create a positive society, where compassion, helpfulness, understanding, unconditional love, respect, kindness and truthfulness have more value than just taking care of our own individual needs, without having in mind our fellow beings and Mother Nature.

In this way I believe we can and do commit to world peace and non-violence.

Joze Sraka
President, Slovenian Yoga Union

YOGA IN DAILY LIFE THE SYSTEM
Harmony for Body, Mind and Soul

YOGA UNION OF SLOVENIA

Yoga Union of Slovenia, Selanova ulica 16, SI-1000 Ljubljana, Slovenia
Identification number: 1161377000, Tax Number: SI 67908039
t: + 386 40 315 000, e: info@joga-zveza.si

Most respected Bharat Gaurav Vishwaguruji Maheshwarananda, founder of the Sri Swami Madhavananda World Peace Council,

Excellences, dignitaries and respected international delegates!

Allow me first to congratulate most respected founder of the WPC for the magnificent and remarkable conference organized in the United Nations Vienna in October 2015. Several speakers and delegates from Slovenia attended it and the unforgettable experience gives representatives from Slovenia even more enthusiasm and honour to attend 2016 Prague WPC Conference.

It is our firm belief the topic of this year's conference "Yoga – a path to non-violence and World peace" is somehow crucial in the modern society. As it has been reaffirmed throughout the history of the humankind that inner peace is the necessary prerequisite for any kind of broader outer peace in the society, we are more than certain Yoga is that particular path to the all-embracing goal. We demonstrated the aforementioned beautifully at this year's first "Salutation to the Sun" all-Slovenian family Yoga gathering in nature, in the beautiful environment of the Mozirje Botanical Garden. To our immense satisfaction more than 1.000 people out of our 2 million population attended this whole-day event to celebrate International Day of Yoga. It was more than obvious people are looking for any opportunity possible to gather for good purposes, to enjoy fresh air in the nature, listen to workshops on healthy life-style and practice original Yoga in the natural environment. Along with the event Slovenian artists under professional guidance of our member Edbin Kuhar arranged unique first-ever permanent Chakra-exhibition at Mozirje Botanical Garden with all the potential to become world attraction. Once again we proved Yoga is the path! All one needs to do is to start walking on this path.

Most respected Bharat Gaurav Vishwaguruji Maheshwarananda, please accept our sincere congratulations for your continuous humanitarian endeavours and numerous projects aimed to help humanity and Mother Nature. We are thankful for the opportunity to accompany you at your selfless and dedicated path to serve all living beings! Yoga is a path to peace and we will make sure we will take care of our inner light and be an active part of that peaceful society we all strive to live in.

ZVEZAJOGA DRUŠTVA SLOVENIJE

Yoga Union of Slovenia
Selanova ulica 16, SI-1000 Ljubljana, Slovenia, t: + 386 40 315 000, e: info@joga-zveza.si

Joze Sraka
President

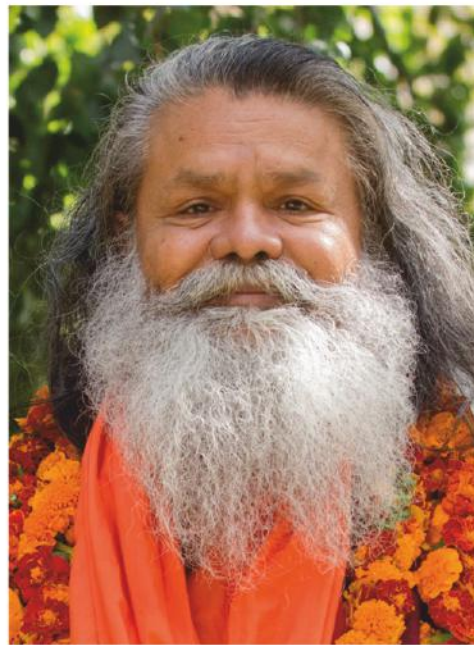




Harmony for Body, Mind and Soul

Yoga in Daily Life

The Scientific Master-System



Paramhans Swami Maheshwarananda comes from Rajasthan, India, and has been living in Vienna, Austria since 1972. He is the author and founder of the scientific system Yoga in Daily Life – a master system that combines the ancient teachings and wisdom of India with the knowledge of modern time. Its main goal is to attain and maintain our physical, mental, social and spiritual health.

From 1972 onwards, Paramhans Swami Maheshwarananda has founded Yoga in Daily Life organisations as humanitarian, non-profit associations, charities and registered societies throughout Europe, in India, Indonesia, Australia, New Zealand, South Africa, Mexico, Cuba, USA and Canada.

The holistic system of Yoga in Daily Life offers health and help in life to everyone regardless of age or denomination. Besides in yoga-centres, programs of Yoga in Daily Life are conducted in governmental health centres, hospitals, and community organizations, as well as in schools, pre-schools, rehabilitation, sports and cultural institutions worldwide serving those who need various kinds of help. The system has proven to be significantly beneficial for both rehabilitation and preventative health measures, such as problems of the vegetative nervous system, stress-induced illness, psycho-somatic illness, sleep disorders, cardiovascular disease and other functional illnesses.

Today, after more than 40 years, **the Yoga in Daily Life system is practised by millions of people worldwide.** It has been introduced within schools and universities, rehabilitation centres and hospitals, nursing schools, organisations for blind and disabled people, as well as prisoners and war victims; and has proven to be significantly beneficial for rehabilitation therapy and preventative health measures. Throughout the world the system has received much positive accolade and appreciation from medical, social and other experts.

A Healthy Body

Yoga techniques awaken the natural healing capacity of the human body and support a balanced and vital state of health.

- Yoga Asanas - postures
- Hatha Yoga Kriyas - cleansing & detoxification of the body
- Pranayama - breath control
- Yoga Nidra – deep relaxation

A Healthy Society

The Yoga practitioner develops balance and happiness, which become a genuine source of joy, peace and stability for others, in turn contributing to a healthier, balanced and conflict free society.

- Satsang
- Bhajans
- Seva

A Peaceful Mind

Clarity of thought, inner freedom, contentment and a healthy self-confidence are the basis for mental wellbeing.

- Self-Inquiry Meditation
- Mantra
- Tratak
- Concentration

A Spiritual Consciousness

"The more wisdom you possess, the more humble becomes your mind. The more understanding you develop; the more helpful become your actions. The more goodness residing in your heart, the more love you feel for every being." Vishwaguruji

- Kundalini and Chakras
- Bhava Samadhi
- Sahaj Samadhi

www.yogaindalilife.org





World Peace Council Conference

04th December 2016, Lucerna Great Hall, Prague

A Path to Non Violence and World Peace

“One in all and all in one.”- H. H. Sri Swami Madhavananda



Chetna Prakash

Yoga In Daily Life Melbourne, Australia

Can we shed our vasanas as a society?

Of all the interesting strands of knowledge I have picked up from Satsangs at Yoga in Daily Life, it is “vasanas” that I find most intriguing.

Vasanas, as I understand, are latent tendencies we carry within us. They are usually formed by the past impressions formed by our mind. Every time we have an experience, our mind files away a note based on our response to it. This note becomes knowledge derived from memory, and it starts dictating our future actions.

Imagine this scenario: I have two neighbours: A and B. My first interaction with neighbor A is pleasant. The next time I meet her, an involuntary smile lights up my face. In response, she smiles back. Another positive interaction, another positive impression! Before long, we are friends. In contrast, my first interaction with neighbor B is over a fence dispute, which leaves a bad taste in my mouth. Next time, I see her walking home, I quickly cross the road to avoid her. She notices and purses her lips. Soon we were both complaining about the other to our mutual neighbor A.

The Bhagavad-Gita asks us to overcome our vasanas. Our purpose in life is to transcend these past impressions, and treat every moment as renewal of life and to experience it afresh; to not be swayed by my positive or negative experiences of people and events but respond to each situation with a clean slate. So regardless of my interactions with my neighbours, I should meet them both with a smile each time. Only then, I can hope for a life in harmony with the universe.

This makes me wonder. Just like individuals, do societies, nations, communities, races and genders carry within them vasanas or latent tendencies learnt through past experiences? Certainly world politics seems to suggest this. Too often, historical grievance is the basis for suspicion, hatred, conflict, wars and bloodshed (literal and metaphorical) between different human collectives.

History plays too important role in too many human conflicts dominating our world today, whether that is between Hindus and Muslims, Israel and Palestine, Shias and Sunnis, Christians and Jews, America and the Middle East, Europe and the past colonies. In each case, the seeds of conflict were sown in the past, the past impressions continue to dictate the actions of each side, each action further confirms the past impressions and increases the alienation, and conflict between the two sides becomes an endless loop.

But for us as humanity to find harmony and balance, it is important that we demand of our collective consciousness what we demand of our individual consciousness – the transcendence of our collective vasanas. We must treat every interaction with members of other human collectives as a moment of renewal and to experience it afresh. More importantly, whether good or bad, we should let the experience pass with the moment and not let it dictate future actions. It is only then that humanity can hope for harmony in the universe.

A very effective way to develop the capacity and ability for this is to practice Yoga in Daily Life.

Written By Chetna Prakash, Yoga in Daily Life Practitioner, Melbourne Australia



Alice Klosova - Amrit Sagar

Director at Barclays Bank

November 5, 2016
San Francisco, California, USA

Respected Sri Madhavananda World Peace Council:

Thank you for the opportunity to contribute a letter for the World Peace Conference held in Prague on 4 December 2016. I am a Yoga in Daily Life teacher and Director at Barclays Bank. I have had the privilege to live in the worlds of East and West, in a small village in the Czech Republic and in one of the largest city in the world. In hindsight, the many life experiences I have traversed perhaps have been my own quest for peace and happiness. The world around us is evolving at an unrepresented pace, and the changes seem to be most noticeable in the West and in large cities.

The evolution has brought much progress to the human race, but also unprecedented levels of stress and anxiety, diseases, unhealthy food, destruction of families and communities, destruction of dharma, and more. Nowadays we perhaps falsely have gotten to believe that the advancements of material comforts and technology are going to make us happy. On my frequent visits to the Czech Republic I find comfort to drive through the countryside and observe that the places still exist where little has changed in the last 25 years. I have observed that in some places nothing can stand still and constellate while Mother Nature and humans are enduring destruction, pollution and pain from man-made diseases and yet places still exist where something that has been created centuries ago continues to be preserved, respected, and learnt from.

The mind often tends to be filled with unrest, confined to passions, and searching for instantaneous gratification. Our senses tend to long for what we don't have, we compare and judge ourselves against others, what we perhaps don't have and what we should have, and so we perpetuate an inner environment filled with tension and violence. The way we schedule our time, the company we associate ourselves with, the way we push our body and perhaps with everything we do, the words we speak, the thoughts we have, the acts we choose, we are always faced with the choice of 'ahimsa' or 'himsa' that is acting 'not to injure' or 'causing injury'. We have the choice to choose mindful and authentic Yoga practices that do not hurt us over mindless physical exercises causing one injury and unpleasant feelings. We have the choice to cook fresh and nourishing meals with love instead of giving our bodies something we do not know where it came from or who prepared it. We have the choice to love and serve, rather than to take. And yet how do we know where the boundary lies between 'ahimsa' and 'himsa'? Hard to know at times, but perhaps this what the quest for peace is about, in our own heart, investigating our own thoughts and needs, our deeds, our relating to our family and community, our relating to the world in which we live in. Vishwaguruji often says "Peace begins within one own heart" and may Yoga guides and inspires us all to search within our own hearts, accepting and loving ourselves, being kind towards yourself first and foremost and then sharing that love, mercy and kindness we develop towards ourselves with the world around us.

Hari om and sincerely yours,

Amrit Sagar (Alice Klosova)





World Peace Council Conference

04th December 2016, Lucerna Great Hall, Prague

A Path to Non Violence and World Peace

“One in all and all in one.”- H. H. Sri Swami Madhavananda



Angela Peng

Yoga In Daily Life Vancouver, Canada

Name: Angela Peng Sevadevi
Entrepreneur
YIDL Vancouver, Canada

Yoga for Non-Violence and World Peace

Sevadevi: “Vishwaguruji, there are four paths of yoga in the spiritual development, as a beginner on this journey, which one do you recommend I focus my energy on?”

Vishwaguruji: “There are 18 paths in Bhagawad Geeta, and they are all important, but for now, focus on the Karma Yoga and Bhakti Yoga.”

This is the conversation between Vishwaguruji, and me, at the recent Vancouver yoga retreat in early September this year (2016).

I have been practising the Yoga in Daily system for 3 years, having my personal mantra for one and half years, at the same time, I have been studying Vedanta Course and Bhagawad Geeta. During the last few years, I have been like a little bee joyfully gathering the nectar from the ocean of knowledge, just wanting to take them all.

Taking Vishwaguruji's advice of “Bhakti Yoga and Karma Yoga” are the two yoga paths I shall focus on - but does he mean “Devotion, surrender and giving and helping others without egocentric desires?” These are the two areas I was not conscious of doing in my daily life before.

I am an immigrant coming from China trying to make a better life in Canada, focusing on building my business and get settled down with the aim of financial freedom. Freedom at the time means “you can do whatever, whenever and wherever you want to”. Yet, Yoga teaches me freedom means free from agitation, mind peace, content and joy, regardless of the external situation. The world peace means all humans live in harmony, love, support and help each other without selfish desires.

As humans, we all live in the external world. The world today may have substantial wealth and scientific supremacy. However the external progress in politics, economics, science and technology simply will not build a strong and peaceful world, if inner mental and intellectual developments of individuals is neglected. Without knowing this basic truth, governments time and time again

direct their efforts only towards promoting material prosperity but hardly concern themselves with building the integrity and characters of individuals.

Ancient China has given us all a saying:

“Self cultivation first, then,
regulating the family,
governing the state, and finally
making the whole kingdom peaceful and happy”.

So, what is the art of living in harmony with the world?

First, rising above one's limited egocentric views of life and expanding the mind to accommodate a constant awareness of the totality of the world, the entirety of humankind, and the vastness of universal problems.

Thus:

- One's individual problems sink into insignificance,
- Apply the art of dynamic silence in life among the constant changing world and on the difficult path of uncertainty, thus bringing one's heart inward peace and poise. When sufficient poise is gained, problems and challenges don't affect such a person,
- Dynamically working in the world by helping and giving others without egocentric desires.

If we all can apply the above principle in our daily life, our personality will be reconstructed toward the higher goals and become a perfect yogi, a person of perfection, then the whole world will be united. There is bound to be peaceful and healthy coexistence in the world. Without such personality reconstruction, no external plan or scheme can succeed in establishing peace in the world. A united world wherein each citizen is inspired to give his or her best in a spirit of selfless dedication develops into a mighty glory world with peace and harmony.

Peace to all!

Sevadevi

Vancouver, Canada





PhDr. Ľubomír Jankovič, PhD.

Musician and Historian
A. Stodolu 52, 036 01 Martin, Slovakia, EU
lubomir.jankovic@snk.sk, www.lubojankovic.eu

Dear friends,

I was always interested in the nonviolence theme and the protection of truth because I grew up in the family where honesty, fairness, frankness, loveliness and kindness were natural and a matter of course. I was fascinated by celebrities among the simple people from the countryside including village musicians, history teachers, professors of aesthetics – that means of beauty, emotion and elegance and later also of history as science.

I was happy I have met the “small- great” man, my professor of heraldry in Bratislava – humanist with great charisma and authority, man with great social feeling and the sense of justice. I was also excited by pacifism of John Lennon with his vision of a world that was described in the immortal song Imagine – today we can say a sort of anthem of the ideal world.

But unfortunately, the world is not that ideal. It is full of selfishness, aggression, human spiritual and social misery, crimes against children and the defenceless. I do not know who can stop all of this. The powerful people of this world with their elites are not so successful in it. And that is why there is a huge space for nonviolence which is affected by the behaviour attitudes and actions of all of us. I try to do the same – in my works and songs – in the spirit of Beatles motto “Let splendid time is guaranteed for all”.

I am sending my cordial greetings to all the participants of the World Peace Conference in Prague.

With every good wish to all,

**PhDr. Ľubomír Jankovič, PhD.,
Musician and Historian**



Milan Šišmiš

Activist, Historian and Writer
The Martin Initiative for Quality School Nutrition,
Initiative of Slovak and foreign experts and public for general improvement of our food
Martin, Slovak Republic

Milan Šišmiš,

Activist, Historian and Writer

**The Martin Initiative for Quality School Nutrition,
Initiative of Slovak and foreigntaxperts and public for general improvement of our food
Martin, Slovak Republic**

<http://www.changenet.sk/?section=kampane&x=721912>

sismismilan@gmail.com

Dear Friends,

When I see the apple- trees in the autumn, full of apples, I say to myself: we neednot to kill.

When I hear farmers from Orava to speak, how one cow can feed the whole valley, I say to myself: we need not to kill.

When I look at the tables full of milk, butter, nuts, fruits and vegetables in the Nadlac fair, I say to myself: we need not to kill.

We neednot to kill.

Neither people, nor the animals.

When I listen to Vishwaguruji, I am grateful for he leads us towards mercy.

When I look at him, I wish us all to understand and follow him.

We can be happy and live in peace.

All.

Dear Friends,

Dear participants of the World Peace Summit in Prague,

Dear Sisters and Brothers,

I wish you all the best.

Milan Šišmiš





World Peace Council Conference

04th December 2016, Lucerna Great Hall, Prague

A Path to Non Violence and World Peace

“One in all and all in one.”- H. H. Sri Swami Madhavananda



Jen Schelhorn
Midwife and Mother

I have witnessed over the past 20 years many situations how peace for women and families have been affected because of how women are treated during pregnancy, birth and early parenting. I feel strongly that for each birth onto this earth, if treated with kindness, compassion, patience and care; can in no doubt be a small but relevant part of the bigger picture for peace on earth. I am a midwife – midwife mean's “to be with woman” and I pray that I make a small but relevant difference for each woman I care for.

Too many women today are reporting feeling violated during their births, by well meaning medical professions. This ignorance is causing many reports of women suffering Post Traumatic Stress Disorder (PTSD) something soldiers also suffer from war. This causes repeated visions of stressful and traumatic experiences that happened during their births. This is a terrible situation that needs addressing for this means many mothers do not get to experience peace post their births and therefore peace is a struggle to attain whilst parenting and in no doubt impacts on this new born and family.

With the blessings of Bhagwan Sri Deep Nayayan Mahaprabhuji I have been able to study these past four years to become a registered midwife. In this time I have been able to witness how very important yoga and calmness is for pregnancy, birthing and parenting as well as for the care worker. But mostly it is always important for how the Yogic practices deepen a woman's ability to know herself better as she navigates the challenges presented to her in birthing and caring for her new baby.

For the world to be a non-violent place means we need to treat our birthing women with utmost respect. It's a cycle that can with the right approaches particularly by birth workers impact positively in helping to create change for a kind, peaceful and non-violent world.

All the best wishes



Kántor Gergely
Hungarian Rapid Chess Champion

Chess and mental techniques

Respected Vishwaguru Paramhans Swami Maheshwaranandaji and participants of the Conference

Mental sports like chess have their challenges. The long parties require strong mental fitness and good physical shape for sitting. I am thankful to my father who found a good coach and supportive techniques of Yoga in Daily Life to my preparation for my chess carrier. The best results for my preparation were breath techniques and relaxation mixed with techniques of sports psychology.

I recommend to all physical and mental sportspersons to use the benefits and advantages of the supportive Yoga in Dally Life methods.

Hungarian Rapid Chess Champion





World Peace Council Conference

04th December 2016, Lucerna Great Hall, Prague

A Path to Non Violence and World Peace

“One in all and all in one.”- H. H. Sri Swami Madhavananda



Krisztina Papp

Rio Olympic Marathon runner, Budapest, Hungary

Sports performance with the support of Yoga in Daily Life

Being a long distance athlete means a lot of practice and renunciation for years and decades. Those physical efforts, realized by the body, are rather evident in the teen years of the athlete until the age of 30. After some time I realized that I needed mental techniques and more harmony in my personality to enhance my performance, and so I looked for psychological techniques. Parallel to these methods I happened to know about Yoga in Daily Life that helped my recreation. Running 150-200 km weekly in preparation for doing the Marathon is a lot of stress on the body. The elevated load can be balanced only with the enhanced regeneration techniques as offered by the Yoga in Daily Life System. My psychologist yoga teacher selected those asanas, pranayams, and relaxation techniques that helped my quick and effective regeneration.

As I have experienced the results that can be achieved by practicing Yoga in Daily Life, I happily recommend to all athletes to utilize the hidden treasures of yoga and regeneration in sport as well.

With the support of practicing yoga, I qualified for the Rio Olympic Games, although running the first marathon of my life. With these experiences I wish the best to the participants of the Conference – may they realize their greatest goals and dreams.

Krisztina Papp

Rio Olympic Marathon runner, Budapest, Hungary



Dr. Judit Nagy

Dentist

Respected Vishwaguru Maheshwaranandaji and participants of the Conference in Prague

As a healthcare professional I work on the field of dentistry and mouth hygiene. This branch of the medicine is connected to the everyday usage of the part of the body that is connected to the outer world. For this point of view the connection of the inner and outer environment is moderated basically by the system of mouth. The modern inventions and technologies of dentistry made huge steps for the maintenance of the health of the teeth and the oral-nasal region. Among these techniques started to appear those methods that origin from yoga and ayurveda. As a professional I can admire the ancient yogis and rishis that they brought the insight of health to everyday people. Shatkarmas are also great support for the oral and nasopharyngeal health, especially I recommend neti (cleansing nostrils with salty water) together with kapalabhati pranayam, and the cleaning of the tongue. The "side effects" of these simple but strong methods is the strengthening of the immune system.

I wish the best results for the participants of the Conference and that their work can spread the health and balance both physically and mentally for the benefit of mankind.

Judit Nagy
dr. Judit Nagy

dentist





WORLD PEACE COUNCIL

The Message of Sri Swami MAdhavananda and Mahatma Gandhi

Summit History

- 2002 - International Conference - Vienna, Austria
- 2003 - World Peace Forum - Sydney, Australia
- 2004 - World Peace Summit - Brno, Czech Republic
- 2005 - World Peace Summit - Zagreb, Croatia
- 2006 - World Peace Summit - Ljubljana, Slovenia
- 2007 - World Peace Summit - Bratislava, Slovak Republic
- 2008 - World Peace Summit - Wellington, New Zealand
- 2009 - World Peace Summit - Szombathely, Hungary

