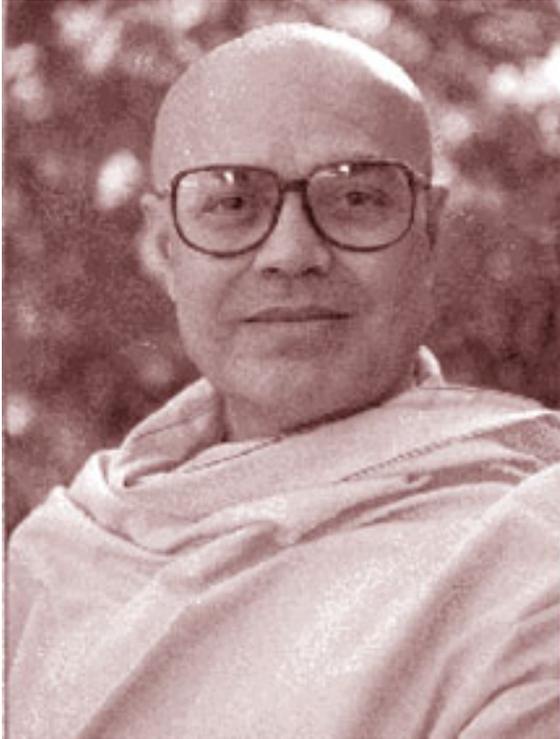


# INDIA TRIBUNE

## Swami Adhyatmananda denounces sex determination tests and foeticides



By J.V. Lakshmana Rao -- Chicago: Clandestine sex determination tests of unborn babies and growing number of female foeticides in some cities of India have drawn the attention of not only the government of India, but also spiritual leaders like Swami Adhyatmananda and Sri Sri Ravi Shankar. Swami Adhyatmananda, a well-known yoga exponent and spiritual head of Sivananda Ashram of Ahmedabad, who is currently on a visit to the US as part of his Divya Tour of world nations, including Canada, the UK and Greece, has expressed concern over the overpowering love of parents for male children and dislike for female babies. For this trend, he blames mahatmas, who bless women by saying Shata Putravati Bhava, which means "May you have hundred sons." Speaking to India Tribune, he says that there is a need for concerted campaign against this shameful trend. There is also a need for parents to allow the creation to take its well-balanced course. Any undue interference with nature can cause imbalance and the resultant consequences can be disastrous. He says the effect of interference with nature can be seen already. In some states of India, there is extreme shortage of brides. Shortage of girls can lead to increasing incidents of crimes, such as rapes and sale of women. Homosexual tendencies among men would

increase. Ultimately, it can also lead to increase in suicide cases. Therefore, there is a need to educate people about the ill-effects of female foeticides. Parents should be given proper education through satsang by mahatmas and priests, moulvis of mosques, fathers of churches and grandhis of gurudwaras. The Swamiji says that it is not just the responsibility of the government only to save the female fetuses. The media should come forward and play an active role in stopping the foeticides. Celebrities and spiritual leaders must play an active part. People will listen to spiritual leaders like Pramukh Swami Maharaj and Muraribapu. Film stars and sports personalities must volunteer to become brand ambassadors of the campaign against female foeticides. He said that three months back several religious heads took out a rally in Ahmedabad with the "Save girls" theme. Calling for harmony among people of the world, he says: "You may be from the East or the West; you may belong to any caste, creed or you may be of any color; you have to realize that you are a human being first. You are a citizen of this earth planet. Keeping harmony and peace is your birth right." He says that to be a responsible citizen, one must protect environment, shun ego, love all and hate none, pray fervently, be generous, be diligent and be vigilant. Humanity must be the only ritual of mankind; forget and forgive must be the religion and dogma of every human being. The Swamiji, who is known for teaching yoga and meditation for the past 30 years all over the world, says that yoga is joy, peace, harmony, equilibrium, perfection, beauty awareness, consciousness and supreme bliss. These qualities make a person perfect and balanced. He says the opposite of all these qualities is called viyoga. Viyoga leads to distress, ego, disharmony, imbalance, unrest, and depression. Yoga enables a person to concentrate on all good aspects of life. Viyoga leads to depression. Viyoga is the cause for all mishaps and accidents. A viyogi will be physically here and mentally elsewhere. Such people can cause accidents. "If you cannot concentrate while driving a car, you will miss the exit, you will run into other vehicles, you will cause accidents. Yoga disciplines you. Yoga results in a chain of happiness," he adds. Similarly, he says, meditation unfolds ever-shining eternal beauty of soul. One must listen to one's atman, ponder upon it, go deep into it, meditate on it and finally enjoy the immense bliss that it provides. Asked about his divine message, the Swamiji says that his mission is to disseminate spiritual knowledge based on the teachings of Swami Shivananda. "The gospel of Swami Shivananda is to serve, to love, to give, to purify, to

meditate, to realize, be good, do good, be kind, be compassionate and enquire - who am I and know thyself and be free," he concludes. In Chicago, the Swamiji conducted a yoga workshop for the students of Northeastern Illinois University, held satsangs on Bhakti Yoga, Japa Sadhna, Guru Mahima, Devi Mahatmaya, Power of Gayatri Mantra, Stress Management through Yoga, Power of Mantra, and Meditation Techniques, at various temples and gatherings. Swami Adhyatmananda has conducted more than 650 yoga camps all over the world. He has written several books on yoga, meditation and health. The Swamiji, who will be completing his North America tour on August 11, will be embarking on a tour for 10 days in the UK and for 10 days in Cyprus, before returning to India. For more information about the Swamiji's tour program, please call Minal and Bharat Naik at (630) 530-5950.