

## **Swami Adhyatmananda speaks on Science and Spirituality**

By Ravi R. Ponangi

Atlanta, GA: Swami Adhyatmananda, president of the Divya Jivan Sanskrutik Sangh, Sivananda Ashram, Ahmadabad, India, was here as a part of his Divya Tour 2008 to West (UK, USA & Canada) from July 29 to November 21.

Swamiji arrived in Atlanta on September 24 and conducted a five-day yoga, meditation and spiritual discourses organized by the Sri Ram Mandir and the Hindu Community Center at Cartersville, from September 24 to 28. Swamiji conducted yoga, breathing and meditation classes in the morning and discourses on spiritual and other subjects like "Chanakya -- for strategy and decision-making," "Science and spirituality -- how to bridge the gap."

During his stay in Georgia, besides visiting the houses of devotees, Swami also addressed gatherings on "Stress management through yoga" at Shiv Mandir in Global Mall. He also addressed the seniors at a lunch meeting organized by the Senior Citizens Program (SCP) Inc., at the Baradari Indian Café and Banquet Hall on September 28. Swamiji felicitated Lilyben Desai, a senior-most senior among the gathering at the meeting. Lilyben Desai participated in the freedom struggle of India.

Sri Swami Adhyatmananda is a Hindu monk belonging to the lineage of Sri Swami sivananda and Sri Swami Chidananda of Divine Life Society, Rishikesh, India. He has dedicated his life to the goal of spiritual enlightenment. He is a world-renowned Yogacharya, who has conducted almost 700 yoga camps throughout the world and has trained tens of thousands of students in yoga, pranayam and meditation.

Swamiji is a living example of the teachings of Sivananda and integrates the cultivation of head, heart and hand through pursuit of knowledge, devotion and selfless service. He is a yogi, Vedantin and devotee all in one. He is an exemplary orator and has given soul-stirring discourses on the Gita, the Upanishads and spiritual life in general.

Swamiji will visit three more cities — Calgary, Winnipeg and Troy, Michigan — before he leave the US to the UK on November 14.