

# Swami Shri Adhyatmanand Maharaj's UK tour 2006

## Saturday 12<sup>th</sup> August 2006

Amidst strict boarding/disembarking control, swamiji arrived in UK safely. Spontaneously inspired a satsang in the Heathrow terminal-3 arrival lounge. Fifteen devotees joined the satsang to pray for the safety of all travellers. After a short rest and overcoming jetlag very swiftly, Swamiji was fresh and ready to conduct an evening satsang at Bhirendrabhai's house in Carshalton. A short discourse centred on senses was followed by bhajans



## Sunday 13<sup>th</sup> August 2006



Over 100 students attended Wilsons School of Wallington in Surrey for a 6.30 am yoga session.

The session included science of pranayam and asanas for the flexibility of spine. At 9.00 am breakfast time several students had an opportunity for personal consultation with Swamiji. After breakfast, a discourse on Stress management through yoga was followed by Yog-nidra.



An afternoon drive across west London took us to the Anoopam Mission. Sahebji formally received Swamiji. The Mission was holding a Harmony Festival Day followed by Flag raising ceremony to celebrate the Indian Independence Day. Guest speakers included Vice Chancellor M S University Dr Manoj Soni, Director of Oxford Hindu Study Centre Shaunika Rushi, Minister of the Indian High Commission Mr D Chandra and Mayor of Hillingdon Council. The day was concluded by an enchanting belle performance of the history of Indian sub-continent. In the two-hour performance, every patriotic leader was remembered and choreographed with such passion that it brought tears of joy to over 1000 present in the audience.

## Monday 14<sup>th</sup> August 2006

A mid morning visit to ASHRA a senior citizens care and welfare agency, where Swamiji gave a short discourse on Lord Shivaji followed by bhajans of Bhole nath. This was very pleasing particularly to those observing Shravan Maas. An early afternoon visit to SANGAM, another senior citizen meeting place saw Swamiji conduct a session on Yoga to alleviate common ailments. Later in the day, the Vishwa Hindu Parishad secretary, Mrs Induben Pankhania, received Swamiji. To an audience of more than 50, swamiji explained the Maha Mrityunjaya Mantra - Life giving Mantra, quoting his personal and of other devotee's experiences. The day was concluded with an evening satsang at Shri Chandrakantbhai Shukla of Datta Sahaj Yog Mission (UK)'s house. Swamiji's discourse was on Guru Tatva.



## Tuesday 15<sup>th</sup> August 2006

An early morning drive took Swamiji across to East London, where Sri Lankan devotees of Shri Ganesh Temple had gathered. A Yoga session for flexibility routine was conducted. This encouraged the mainly middle aged audience to realise how simple flexibility exercises would bring good health.



A Lunchtime visit to South London home of Smt Mayaben Patel saw Swamiji address a group of young audience. The discourse was on character development and grooming the family. This was very relevant to today's life style and kept everyone captivated.



An early evening saw Swamiji conduct a Satnarayan Katha at Smt Anjuben and Kiritbhai's house in Norbury. Those present witnessed another dimension of Swamiji's capabilities. The evening was concluded with a visit to Shri Dhirubhai Chandarana's home where Swamiji's spontaneous outpouring of devotional bhajans to Mataji's magnanimous murti was experienced.

## Wednesday 16<sup>th</sup> August 2006

In Putney Shri Nitinbhai Bhalotia received Swamiji for an early morning visit. Breakfast was served followed by a discussion on 'maya' (attachment). Later in the morning Shri Dushyant Sarvaiya welcomed Swamiji at his Wembley home. Residents of the house joined Swamiji for singing devotional bhajans of Shri Krishna. Today being Shri Krishna Janmastmi, an afternoon visit to ISCKON temple at Watford saw Swamiji meet and greet thousands of Shri Krishna devotees including the temple president Shri Gauri Das. The visits to Vrindavan followed by darshan in the main temple and then to the Gaushala were the highlights. A long drive took Swamiji to Godstone Surrey. Vinodbhai, Dadubhai and guests warmly received Swamiji, after an evening meal, Swamiji's discourse on significance of Shri Krishna Janmastmi was concluded by melodious bhajans.



## Thursday 17<sup>th</sup> August 2006



An early morning walk in Beddington Park was followed by a mid-morning visit to MILAAP centre in Kingston. A group of more than 50 senior citizens were eagerly awaiting Swamiji's arrival. Swamiji explained the basics of pranayam and encouraged everyone to some flexibility exercises. A Lunchtime padhramni at Shri Rakeshbhai's house in Mitcham was followed by a drive to Dulwich for an evening satsang at Rajanbhai and Hina's home. Swamiji's discourse emphasised the importance of living life to the full and lead by example.

## Friday 18<sup>th</sup> August 2006

The day started with a busy schedule of three morning padhramnis. One of the hosts witnessed arm wrestling, which Swamiji won against a brave young man! Even with such busy schedule of the last few months, Swamiji looks fresh and ready for any challenge.

Lunch at Shri Jogendrabhai's home was followed by evening satsang in Morden at Bhaskarbhai and Minaxi's home. About 40 guests heard Swamiji convey Swami Sivanand Maharaj's teachings. In particular he emphasised about service to others. This followed enchanting devotional prayers.



## Saturday 19<sup>th</sup> August 2006



An early morning (7.00 am) Yoga session was conducted in Hillsbrook School, Tooting. The session enlightened young participants with importance of adapting a yogic lifestyle.

This followed a visit to Smt Jyotiben Pandya's home where the audience were lead in singing Bhajans to mark Ekadashi. Lunch time padhramani at Shri Rajnibhai and Sarojben's home in East London saw swamiji speak fluent punjabi quoting verses from Gurugranth to a newly wed Punjabi bride. An afternoon drive to the coastal town of Southend followed evening session of yoga and discourse. Over 150 participants were enlightened in science of pranayam with emphasis on Omkar pranayam. After a short break, swamiji explained the practice of meditation and its benefits.



## Sunday 20<sup>th</sup> August 2006

A 9.30 am satsang was at Dushyantbhai Sarvaiya's home followed by Lunchtime satsang at Shri Rajdevbhai's home and a padhramni at Anitbhai Shah's home. A

visit and address to a packed Haveli at the BAPS temple in Neasden concluded the final day in London. Swamiji reached Smt Chandramaniben's Bristol home at 11.00 pm.