

SHANTI MANDIR ASHRAM IN  
*Walden*



*Meditate on your Self,  
Worship your Self,  
Kneel to your Self,  
Honor your Self,  
God dwells within you as you.*

– BABA MUKTANANDA

**S**hanti Mandir is a worldwide community of people from all walks of life who have the common aspiration of experiencing divinity, knowing the Self, and recognizing the sacred in all.

Established in 1987 by Mahamandaleshwar Swami Nityananda, it continues the spiritual work of his Guru, the renowned sage Baba Muktananda, whom he succeeded, continuing the lineage of Siddha Gurus (enlightened masters), immersed in consciousness. Shanti Mandir focuses on:

- Providing access to the teachings and practices of the great sages of India, in particular those of the lineage of Shaktipat Gurus represented by Swami Nityananda; Baba Muktananda; and his Guru, Bhagavan Nityananda
- Guiding seekers to the direct experience of divinity through Sanskrit chanting, silent meditation, sacred texts, the offering of service, and participation in ancient rituals
- Continuing the Vedic tradition – teaching the Vedic way of life and the philosophy of Vedanta, performing the ancient sacred rituals, and receiving other saints of the tradition and sharing their knowledge and blessings
- Shri Muktananda Sanskrit Mahavidyalaya – a free Sanskrit school that provides a rounded and authentic exposure to Vedic teachings
- Shanti Hastkala – a women-empowerment program that helps the rural poor learn handicraft skills and provides them with work opportunities
- Shanti Arogya Mandir – a mobile clinic that services the medical needs of the villages around the ashram in Magod free of charge
- Helping the impoverished in rural India with eye camps to restore sight to those blinded by cataracts, with the provision of a free medical procedure to implant intraocular lenses



### What is an ashram?

An ashram is a place of refuge, usually removed from urban life, where spiritual, yogic disciplines are pursued. An integral part of the ancient spiritual tradition of India, its atmosphere can give even the casual visitor a deep sense of peace and renewal. The regular daily activities at the ashram include sacred rituals, chanting, and meditation at sunrise, noon, and sunset. The schedule also includes karma yoga (selfless service), helpful in maintaining the ashram; scriptural study; hatha yoga; physical exercise; and personal tasks. The balance of activities is intended to promote contemplation and rejuvenation of body, mind, and spirit. Shanti Mandir has three ashrams: Magod, India; Kankhal, India; and Walden, U.S.A. Each ashram provides an ideal environment for seekers to immerse themselves in a traditional way of spiritual life, as passed down from the ancient sages.



Bhagavan Nityananda's murti (enlivened statue)



## Shanti Mandir, Walden

Shanti Mandir, Walden, is one of three ashrams founded by Swami Nityananda. It is located in the lower Hudson Valley, between the villages of Walden and Wallkill, on Route 208, just 20 minutes northwest of Newburgh and 20 minutes south of New Paltz. The 294-acre property provides a glorious natural setting, including an active stream and pastoral and forest land. The ashram is a year-round facility that offers free programs of chanting and meditation, hatha yoga, and scriptural study, as well as courses and workshops. Every weekend features an evening of meditation and kirtan on Saturday, and a full Sunday morning program of scriptural recitation, kirtan, and a discourse by one of Shanti Mandir's teachers. The summer months are usually highlighted by an extended visit by Swami Nityananda. This is when the ashram is most active – conducting Meditation Intensives, courses on Vedic philosophies, family retreats, yagnas (Vedic fire ceremonies), music concerts, extended kirtan sessions, and more.

The ashram is open to everyone. Delicious vegetarian meals are served daily, and overnight accommodation is available. Please call for more information.

## Daily Schedule at Shanti Mandir, Walden

5:30 am	Abhishek
6:30 am	Shiva Arati
6:45 am	Swadhyaya (sacred text chanting)
9:00 am	Seva
12:30 pm	Om Namah Shivaya
12:45 pm	Arati – Jyota se Jyota
2:00 pm	Seva
5:30 pm	Shri Ram Jai Ram
7:00 pm	Arati, Shiva Mahimnah, Nityananda Arati
9:30 pm	Lights out
Thursdays 7:00 pm	Hatha yoga
Saturdays 7:00 pm	Kirtan and meditation
Satsang on Sundays	9:00 am – Shri Guru Gita 10:00 am – 12:00 noon – Satsang (chanting, discourse, and more)

## Meditation Intensives

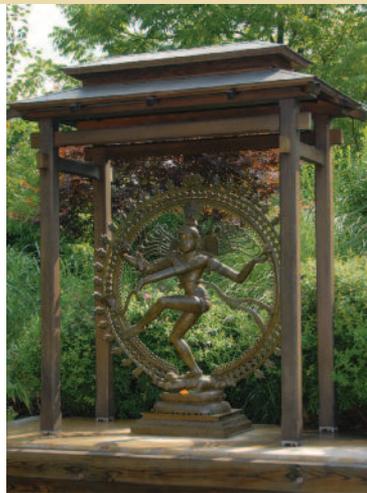
A Meditation Intensive provides a unique opportunity to directly experience and understand the process of Shaktipat (spiritual awakening) and also to deepen one's own sadhana (spiritual practice) by spending the day in meditation and in the presence of Gurudev Nityananda. This one-day program includes a talk by Gurudev, as well as other sessions that allow the mind to rest in silence.

## Rates

- Regular daily programs of Satsang, chanting, and meditation are free of charge. A specified donation amount is requested for special workshops and Living Meditation Intensives.
- Meals:

Breakfast	\$4.00
Lunch	\$10.00
Dinner	\$6.00
- Overnight accommodation is available with a \$35.00 daily donation, which includes all meals.
- Transportation is available to and from New York and Newark airports and local bus and train stations. Please call ahead for rates and arrangements.

Accommodation and meal arrangements are subject to change during winter.



**With great respect and love, I welcome you all with all my heart.**

**– BABA UKTANANDA**

FOR INFORMATION, CONTACT:

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## Swami Muktananda

Baba Muktananda (1908-1982) embarked on a spiritual journey at the age of 15, and his quest lasted for about 25 years, during which time he traveled across India, studying different forms of yoga and meeting many yogis. His search ended when he met his Guru, Bhagavan Nityananda, one of the greatest Siddhas of the last century, and received a powerful spiritual initiation from him. Following this, Baba performed intense spiritual practices for nine years, which culminated when Nityananda declared that Muktananda had become enlightened. In his spiritual autobiography, *Play of Consciousness*, Baba describes the remarkable unfolding that resulted from the transmission of spiritual energy he received from his Guru. In the last 12 years of his life, Baba made three world tours, creating a "Meditation Revolution," during which he gave Shaktipat to thousands. Baba had the unique ability to give anyone a direct experience of the divine. He spoke in Hindi and his words were translated, yet his communication and message were beyond language and culture. Baba was a perfect manifestation of his name, Muktananda, which means "the bliss of freedom." Audiences experienced his magnetic presence and his blissful energy, and were enchanted by his warmth, his mischievous humor, and the joyful spontaneity that informed his every gesture. Baba's teachings penetrated the mainstream of the prevailing Western culture in the 1970s. His essential teaching was **"Meditate on your Self, worship your Self, kneel to your Self, honor your Self, God dwells within you as you."**



Photo: William Carter

## Gurudev Swami Nityananda

Born in Mumbai, India, in 1962, Gurudev Swami Nityananda was raised from birth in an environment of yoga and meditation. His parents were devotees of Bhagavan Nityananda and Baba Muktananda. Trained from childhood by Baba, he learned the various yogic practices, including meditation, kirtan, and Sanskrit chanting, and studied the philosophies of Advaita Vedanta and Kashmir Shaivism. He was initiated into the Saraswati order of monks in 1980 at 18 years of age and was given the name Swami Nityananda by Baba. In 1981, Baba declared that Swami Nityananda would succeed him to carry on the lineage. In 1987, Swami Nityananda founded Shanti Mandir as a vehicle for continuing his Guru's work and subsequently established three ashrams. In 1995, at the age of 32, at a traditional ceremony in India, the saints installed him as a Mahamandaleshwar in recognition of his spiritual attainment. Shanti Mandir ashrams also support a number of community projects and charitable activities around the world. He travels between the ashrams each year, sharing the spiritual practices and teachings in which he has been initiated. His palpable humility, devotion, patience, and acceptance; his ability to speak English; and his knowledge of the Western culture allow audiences to grasp the traditional Vedic teachings with ease. While carrying on the traditional teachings, he makes spirituality a practical part of modern daily reality, guided by the prayer **"May all beings be content."**



Photo: Vasudha Domnelly

**"Chanting and meditation nurture peace and contentment within, encouraging a balance between our spiritual and worldly lives. Daily practice of chanting and meditation gives us sublime strength and clarity to live in the awareness of that Truth which is beyond all differences."**

– SWAMI NITYANANDA

## ASHRAMS IN INDIA

### Magod

This tranquil, traditional ashram, set in its lush orchard garden, is found in the state of Gujarat, India, near the village of Magod, a 10-minute drive from Valsad, a four-hour train ride north of Mumbai.

A picturesque, 20-acre property, shaded by hundreds of mango, coconut, and chickoo trees, it was inaugurated in 1999 and has been developed to accommodate over 200 people in new, serviced buildings.

Its design, function, and energy provide an ideal environment for spiritual practice with Sanskrit chanting, meditation, and sacred rituals in its two temples, under the guidance of the living Guru.

### Kankhal

This small ashram is found near the old pilgrimage town of Haridwar at the foothills of the Himalayas, on Sannyas Road, Kankhal, a street beside the Ganges River, filled with old ashrams.

A four-hour train ride north of New Delhi and a short drive from the train station leads to a place where the Vedic way of life – the sacred knowledge; language; music; rituals; and practices of the Sanatana Dharma (the Universal Law, or Way, commonly known as Hinduism) – continues today under the guidance of the mahamandaleshwars, acharyas, and holy men of the Indian tradition.

## ASHRAMS IN INDIA

At Village Magod / Mahafalia / Post Atul / Dist. Valsad / Gujarat 396 020

Tel +91 (85112) 19038  
Tel +91 (2632) 652854

Sannyas Marg / Kankhal / Uttarakhand 249 408

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## ASHRAMS IN U.S.A.

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[www.shantimandir.com](http://www.shantimandir.com)

There are many Shanti Mandir centers worldwide. Please contact us to find out more information about centers in your area.



**The ashrams are not just places of tranquility.  
They are also places of renewal and transformation,  
ideal environments for removing blockages and  
reconnecting with the divinity within.**

– SWAMI NITYANANDA