

## Welcome to Haidakhan (draft 3/29/16)

Welcome to Haidakhan!

May your stay be a great blessing!

**Haidakhan is an Ashram** - a place of spiritual pilgrimage, retreat and renewal. The practices of Haidakhan, established by Babaji, are particularly relevant and transformative for our contemporary lives. Whether you come as an individual or with a group, we encourage you to deeply engage the practices and daily rhythm that has served 10s of thousands over the last forty-five years. An outlook of respect and reverence for the culture and practices of Haidakhan (including adherence to the ashram schedule, vegetarian diet, no drugs or alcohol, appropriate dress, and a desire to participate fully) will have a positive affect on your experience and will change your life.

**Practice at Haidakhan.** The sacred setting and daily practices at Haidakhan uniquely support embodiment of our naturally liberated, joyful and compassionate selves. Babaji called his way” Sanatan Dharma - the original path not limited to any religion, creed, race time our country. The Indian/ Hindu way with this path is Yoga - the art and practice of union between the physical and spiritual, the seen and unseen. The emphasis at Haidakhan is on Bhakti and Karma yoga. While visiting, if you are doing other practices, it will profit you most if you skillfully use your time and first focus on what is offered at Haidakhan.

**Bhakti Yoga** is the path of love and devotion to unite the practitioner with the the divine. While there is an emphasis on celebrating our connections to Babaji and the Divine Mother, Haidakhan is rich with images and aspects of the divine. The chief Bhakti practices are Aarti and Japa: AARTI is the traditional Hindu devotional worship service. It includes the rituals of Puja and songs sung in to the divine. At Haidakhan Aarti takes place in morning and evening. JAPA is reciting the name of God as a mantra. "Om Namah Shivaya" (meaning "I bow to God within") is the mantra given by Babaji to all.

**Karma Yoga** is the path of union through selfless service - action devoted to the Divine. Often done while repeating a mantra, the Karma yoga saying at Haidakhan is “Work is Worship”. Everyone has the the opportunity to work and serve every day. An eager attitude offered selflessly ; “How can I help? / “ What can I contribute ” will amplify and benefit your practice while at Haidakhan and beyond.

There is much more information and detailed orientations that will help you stay. Please contact the Ashram office to arrange you stay.

Snail Mail: (2-3 weeks)

Haidakhan Vishwa Mahadham

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