

**PUJYA GURUDEV—  
A JYOTIRMAYA (ILLUMINED)  
SAGE**

On the auspicious occasion of the 93rd glorious Birthday of our revered Pujya Gurudev, Shri Swami Ji, I extend heartfelt *pranams* and gratitude at his holy feet on behalf of the disciples of his India Ashram. We deeply thank him for taking avatar on this earth and guiding the countless struggling souls towards the supreme union with God: *Sat-Chit-Ananda* (Absolute Existence, Awareness and Bliss).

Swamiji has been tirelessly showering mankind with his profound spiritual wisdom through thousands of His Videos, CDs and hundreds of books and magazines for the last 70 years.

His ability to convey profound Vedantic concepts with simplicity, lucidity, and humor has touched the hearts of many. At 93, he continues to inspire through his daily *satsanga*. Rooted in personal experience, his teachings have a profound impact, reaching deep into the heart and offering practical applications for aspirants.

I have had the good fortune to receive His guidance through His books, videos and e-mail interactions for the last four decades. Due to his divine grace, I got the golden opportunity to visit his Miami Ashram in 2023. During my stay there, I was greatly impressed by his disciplined lifestyle, humility, compassion and powerful aura. He embodies the essence of all Vedantic teachings.

He is a living example of a *Sthita Prajnasya* (A Sage with steady wisdom) described by Lord Krishna in the Bhagavad Gita:

“He who is not agitated in the midst of sorrowful conditions and who is devoid of craving in the midst of pleasant circumstances, who is



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free from attachment, fear, and anger, such a Sage is called a person of steady wisdom.” (Gita 2:56)

Swamiji, a *Jivan-Mukta* (Liberated in Life) Saint, exemplifies the qualities of detachment while fulfilling worldly responsibilities. Even though He is established in the “Self,” He remains sensitive to disciples’ struggles, showering divine blessings and grace to those in need.

Lord Krishna describes a perfected Yogi and has made clear he loves these devotees:

“He who neither rejoices, nor hates, nor expects, renouncing good and evil—such a devotee is dear to me” (Gita 12-17)

Swamiji exhibits these traits. He is untouched by attachment-hatred, good-bad and praise-censure. The way he is unaffected and untouched by this world is possible only because he has integrated and perfected all the four pillars of personality (Action, Emotion, Reason and Will) through Integral Yoga.

During my stay at the Miami Ashram, I attended His daily *satsanga*, observed his life and conversed with disciples who have been close to him for decades. Their anecdotes also provided demonstration of his enlightened Sage status.

On a personal note, when our Indian Ashram’s guiding figure,

Swami Shashi Bhushananda Ji, took *Brahm Samadhi*, we assuredly recognized Pujya Gurudev’s invisible, loving and compassionate guidance, steering our Ashram through challenging times with love and compassion, akin to an expert captain navigating a tumultuous whirlpool.

His disciples worldwide are fortunate to access and study his teachings via digital media, books, and magazines, as well as easily receive his direct guidance through emails. I also extend my gratitude to the dedicated *Nishkaam* Karma Yogis of Miami Ashram for their tireless efforts in sharing Swamiji’s teachings and taking care of Swamiji’s Ashram in various ways.

Shri Swamiji’s compassionate blessings are constantly showering like the Sun. It is up to us to open window of our heart and let the ‘Light of lights’ brighten every corner of our heart and be enveloped by His loving compassionate grace.

Lacking words to depict our beloved Gurudev’s glory, I reference Saint Kabir’s poetic expression, emphasizing the indescribable nature of a Guru’s greatness:

“Consider the whole earth has become your paper, and consider you have turned all the forest into countless pens, and all the oceans into the ink, and you start writing the glory of

# APPRECIATIONS



## EMPEROR OF EMPERORS

Guru. Then also there will be no end to it, even all that will not suffice. “

May God bless our revered Pujya Gurudev Ji Maharaj with radiant health and long life so that He continues to illumine the path of His disciples for many years to come.

Speck of dust on His holy feet,  
Yoganjali

Swami Jyotirmayananda Ashram  
Loni, Delhi NCR, India

*(Inspired by Swami Shashi  
Bhushananda's words and thoughts)*

### THANK YOU BELOVED SWAMIJI

Dear Swamiji,

I wish to express my heart-felt gratitude for your inspiring talks, books, and daily morning Satsangs. Your daily tweets and Facebook messages serve as a daily source of divine guidance for me and countless others.

Your presence in this world is a perpetual source of inspiration, filling us all with immense positive energy and motivation. During life's tests and troubles, your assurances act like *Sanjivani* to an injured Lakshman. In times of prosperity your guidance helps us remain focused on the path of Integral Yoga and Self-realization.

After more than a decade of drawing inspiration from your books, communicating with you over emails, and following your path of Integral Yoga, I had the privilege of meeting you last year at the Miami ashram. Your darshan in person is a high point of

my life. Your gentle manners and loving gaze is something I fondly remember and cherish. Although I do miss your daily cozy *satsangs*, I am thankful to all the ashram devotees for allowing us the experience of your company online. I would like to express my gratitude to them for their tireless *seva*.

On your birthday, I wish to thank you once again for everything—for showing me the path of Integral Yoga, for your ever motivating guidance emphasizing that it is a progressive journey and there are no quick solutions. Your practical guidance on overcoming gross impurities through Karma Yoga, overcoming distractions through Bhakti and Dhyana and overcoming ignorance by Jnana Yoga have been invaluable. Thank you for guiding me towards the goal of Self-realization and constantly reminding us that it is a progressive spiral

You are a living Saint undertaking the most commendable job of guiding us ignorant souls towards the path of Enlightenment. In the shadow of your immense personality and the light of your grace, we wish to continue playing our small part in this 'Jnana yajna.'

Wishing you a very happy and long life!

Charansparsh,  
Amit Bajpayee  
Singapore



O beloved Gurudev, I offer *pushanjali* to your Lotus Feet along with all devotees of Swami Jyotirmayananda Ashram, Ranikhet, Uttarakhand, India.

Our heartfelt congratulations on your 93rd *Avataran divas* on this earth. All devotees of ashram pray for your sound and safe health.

You have descended on this earth to dispel from their heart the ignorance and impurities of many people, and they will continue this process in future by your single positive influence.

Swami Sri Sivananda, our great Guru, once said, “I have prepared a dozen great *mahatmas*, each an Emperor of emperors, and they will spread all over the world to disseminate spirituality among many people.” And our beloved Guru, Sri Swamiji, one of these disciples, has been disseminating spiritual knowledge for the last many decades.

O beloved Guru Maharaj, you are like Ganga Devi who descended on this earth from heaven to liberate 60,000 ancestors of King Bhagirath. Your immortal work is also dispelling impurities of many spiritual seekers.

May we be free from the cycle of birth and death by your Divine grace.

I again and again prostrate to your lotus feet from all sides.

Your disciple,  
Swami Bhuwan Chandrananda  
Swami Jyotirmayananda Ashram  
Uttarakhand, India

## GLIMPSES OF ANANDA

As I get older my definitions of a happy life have changed. Now I consider that a happy day is one where my thought, speech and action are simple and pure. There are many days when this is not possible but constant effort to improve is helping me progress day by day.

We can't control what circumstances happen in our life, but gradually learning how to react without our inner peace being affected is learned by reflecting on the teachings of our Scriptures.

We learn to value the longer lasting peace than to ascertain our ego self. Sometimes, like Swamiji teaches us, we need to plant roses instead of thorns even though the knee jerk reaction is to become defensive. I feel that as we progress spiritually we start wishing for the good of all beings—*sarva-bhūta-hite ratāḥ*—and that in turn gives us a lot of solace.

Over the years, guided by Swamiji, I have learned that just like daily vitamins keep us healthy physically, we need our quota of daily spiritual activities. They ensure we have more happy days. They are *satsanga*, study of our scriptures like the Gita or listening to spiritual talks, *japa*, meditation and reflection. By constant practice we slowly start enjoying each of these and start contemplating on *Sat-Chit-Ananda*, our true self. Swamiji's explanations of the Panchadashi explain beautifully how we get glimpses of that *Ananda* in our everyday life.

In the New Year message Swamiji described about *nava jeevan* and *nitya utsav*—daily festi-



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### YOUR FOOTPRINTS GUIDE MY WAY

*Om Tat Sat*, Swamiji,  
Adorations.

What a tremendous Joy and Grace it is being prostrated at your Lotus Feet. Yes! This girl here celebrates your BEarthday because through you she celebrates her own Self too. Your light is her guidance, your footprints her way.

When you accepted this little one as your disciple her entire movie changed. The long night full of terror turned into a gracious beam of light full of adventure and Faith. The ocean is vast and her canoe little, but the Grace of God is immeasurable and Guruji's guidance infallible. At your Feet, terror is dissolved and Rama-Sita's face smiles.

*Om Sri Jyotirmayananda ji—*

Thank you, Swamiji, for All you Be and Do. May God multiply your light in everyone of us till there is

Just Light in All.

*Om Gurudev Namah.*  
Prostrated at Your Lotus Feet,  
the least of your disciples,  
but the most rejoiced  
in your Glory.

Sanmati  
Miami, Florida

ity which is really the best way to live one's life. He also spoke about the importance of *Jnana Yajna*. I very much liked what Swamiji said about how one exudes the fragrance as he evolves in his spiritual journey and I feel it is very true.

Swamiji, every visit to the Ashram I feel blessed to hear your lecture and have your *darshan*. I also enjoy the *satsanga* with all the devotees of the Ashram family. It really feels we are home. Thanks so much, Swamiji, and Happy Birthday.

Jyotsna  
Coral Springs, Florida

### LIGHT TO MY LIFE

Happening upon your ashram is by far one of the best things I've experienced in moving to Miami. You bring so much light to my life and the world. I am honored and grateful that you are my Guruji and wish you beautiful blessings for your birthday and beyond.

*Om Tat Sat*  
Mahadevi  
Miami, Florida



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## MESSAGE OF THE PEACOCKS

### AN ODE TO SWAMIJI AS A BRIEF AUTOBIOGRAPHY

As a child I longed for whole communion with the Saints.

What other way to be, never fitting the majority?

And terrorized was I by the hopelessness of fate—

A grim tale oft told to me by those who held authority.

Death said to me the peace I sought was only in the now.

You have to travel through the dark to leave the dark behind.

To realize goodness, beauty, grace became my solemn vow.

I planted this *sankalpa* in the garden of my mind.

RamaKrishna! RamaKrishna!  
Devi Kali Ma! Stirred the fire in my heart and filled my mind with wonder.

Hanuman played to my delight and led me to find a book with Swami Jyotirmayananda on the cover!

Childhood heart's desire found in You, O Saint! Glory! Praise!

You taught me that I am the sky and not this patch of blue!

How compassionate you are to make the project of your days

Such that I should be so blessed as to be as One with You!

Happy Birthday, Swamiji!  
Om & Prem!

Sharon Collins  
Florida

### ALL PRAISE AND GLORY TO YOU

*Pranams*, Adorations, Praise and Glory, Swamiji, on this auspicious birthday!!

We are the recipients of Your wisdom and *kripa*. Looking back across the years, thousands of lights within those You have helped are radiant and saluting our revered Guru with great joy. With Your profound guidance, we are crossing over the world process, progressively reaching the goal of Liberation.

Thank You for Your patience, perseverance and great compassion as You continue to impart the process and understanding needed to integrate our personalities.

Each day, the puffs of fragrance grow, the light is more apparent, the heart and intellect become more purified and expand, and the wisdom we have claimed is shared with our communities. The world is becoming more virtuous in and through Your disciples, devotees and followers.

Thank You wholeheartedly for all Your efforts and projects.

Adorations and *Mangalam*!!

Barbara Furlani  
North Babylon, New York

*Om Tat Sat* Swamiji,

This year, I was especially inspired by Mother Worship. The day before the 10-day program at the Ashram began, something amazing happened. I was in my apartment, tuning my violin. I could hear birds outside making noises. They sounded like ducks or geese. I tried to ignore them, and focus on what I was doing. After about ten minutes, I went out to look. There were three peacocks standing there motionless, like they were statues. Apparently, they had been walking past my place, as they occasionally do, and heard the violin. I thought this to be a good omen.

Then two days later, I was riding my bike to the Ashram, and two blocks or so from my home, two peacocks flew over me and landed in a yard. I was shocked, because I didn't know this species of bird could fly so well.

Throughout the program, I was intensely interested to hear the symbolic meanings in the works of art, as peacocks were one of them. And then on the last day of the celebration, one of your concluding statements was the importance of harmonizing with people. To me, that seemed to be what the peacocks had come to tell me. To harmonize with others is something easier said than done. Now though, it will always be easier to do that because of that experience, as well as with your teachings and inspiration.

*Om Tat Sat*,  
Yogesh  
Miami Florida

## ***DIVINE BLESSINGS***

Blessed Self,  
Adorations, *OM Namasivaya!*  
*Pranam Gurudev,*

It is with most profound gratitude that I wish you a most Happy Birthday on this sacred 93rd birthday celebration.

Thank you, Gurudev, for your spiritual guidance. I am very grateful for your book *Divine Life*. My heartfelt appreciation to you.

My humble *pranam* to you again and again. May the Divine Mother continue protecting your life.

*Prem and Om,*  
Rev. Sri Mahesh  
(President)  
Yoga Research Foundation  
Branch Kpando, V/R, Ghana  
West Africa

## ***CHOICEST VIBRATIONS***

Blessed Self,  
*Om Tat Sat!*

On the auspicious occasion of your 93rd birthday, I wish you Happy Birthday, Swamiji.

May Divine Mother continue protecting your life and grant you long life, good health, and Divine Blessings. We are most grateful for your great teachings and love for humanity. May we receive the choicest of your vibrations.

I prostrate to Your Holy Feet.  
*Prem and Om,*  
Sri Parvati  
Yoga Research Foundation  
Ghana West Africa



# **ARLAND OF**

## **on the celebration of Gurudev's 93rd birthday**

### ***YOUR DIVINE HELP***

Blessed Self, Adorations,

Thank you, Swamiji, for all your Divine Help through the years, and especially lately. For the last few months or so I have seen very noticeable spiritual improvement in me. I read your magazine articles every day. But lately, the ideas all seem so much more clear to me. And I seem to be doing a better job of applying yoga concepts to myself.

You must be sending me more grace than ever, and that must be making the difference. My improved spiritual condition is the best thing that ever happened to me. I cannot thank you enough.

I'm 74 years old, and use a walker, and haven't been able to sit cross legged for meditation in years. So my success at meditation is mostly in the past. However, the practice of reflection is working wonders. I believe that I am experiencing *divya chaksu* when I practice reflection. I feel peace and serenity in my heart, and I believe that it's the Presence of *Brahman* within.

Also, I have become much more able to practice introspection. I can feel it when I'm having

undesirable emotions and can, by will power, vibrate a good emotion in its place. I've been trying to practice that for years, but lately it works so very much than before.

My attitude toward other people is much improved. I suddenly perceived that my attitude really needed work, and I seem to be being much nicer to people.

Also, God has apparently gifted me with more spiritual subtlety of understanding, both in my personal life and as I watch the news on TV. I hope that I only have one more incarnation left to go, and I would like to use it practicing Yoga and helping others. In particular, I would like to develop into a person who will be able to help lead others (those who may have "missed the boat") to embrace a transcendental religion.

So thanks again, Swamiji, for how very kind and helpful you have always been to me. Thank you for the miracles you are working in me. Please give me more aspiration to do *sadhana* and more Faith in God and You, who are one and the same.

Yours in Yoga,  
Sri Mary Sarradet  
Gretna, Louisiana

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## FINDING MY WAY HOME

### OUR LIGHT HOUSE

H.H. Swami Jyotirmayanandaji has been a “Light House” on the vast and rocky shores of *Samsara*, where mankind lost in the quagmires of the 3 modes of life seek answers, guidance and solace. Swamiji has been a guiding light for devoted followers all over the world, for the last 60 years a constant reserve of spiritual knowledge and wisdom.

We salute Swamiji for His Kind Blessings, offer Adorations and *Pranams* with prayers to *Paramatma* for a healthy, happy birthday with many years to help the vast congregation of followers.

Jaydev  
Suwanee, Georgia

### MASS OF EFFULGENT LIGHT

*Om Namō Narayanaya!*

Like the moon emerging from the cloud, H.H. Sri Swami Jyotirmayananda, the mass of effulgent light, illuminates the world here and now, asserting the palpable Truth that God, Guru, and Self are One.

At 93 years old, Swamiji’s radiant light shines brighter than ever, guiding and blessing us all with eternal devotion, commitment, and adherence.

With deepest regards,  
Ram-Chandra  
(Alessandro Guadamuz)  
Miami, Florida

### A PRECIOUS BEING

This beautiful, precious, humorous and wise being is the Guru of my most excellent teacher, Sri Sudarshan. I am supremely grateful and wish Swamiji Happy Birthday and Divine blessings! Most sincerely,

Debby Sher

### THREE DARSHANS

I am privileged to have a minimum of three *darshans* of Swamiji everyday: one at 6:08 A.M. when he starts his morning walk, and the second at 6:21 when Swamiji returns from his walk, and the third when *satsung* starts at 8:00 A.M!

Trinadha  
Miami, Florida

### TEACHING HUMANITY

Blessed Self, Salutations, *OM TAT SAT!*

My prostrations to your Holy feet. On the celebration of your birthday, I wish you Happy Birthday. May the Good Lord shower his Divine blessings on you. May your love and blessings be perfect for us.

I pray to the Almighty to grant you many more years with good health so that you may continue spreading your teaching to humanity.

May God bless you.  
With regards, *Prem* and *Om*,  
Sri Jaya  
Yoga Research Foundation  
Ghana, West Africa

I was raised Catholic, but had a generalized criticism and lack of appreciation of its teachings and rituals and customs for many years. After being initiated into mantra at the age of around 21 by Swamiji and invited to join the ashram, I drifted away for many years into many other religions and spiritual groups. Eventually I found my way back to Swamiji’s teachings after much “chastened” by life experiences, pains and unexpected difficulties.

There was no “I told you so!” or meanness of any kind in Swamiji’s teachings or my memory of his kindness to me and I was grateful and realized I needed to stop being so inclined to that state of mind in which I became frustrated with people who seemed to have cotton in their ears when it came to my (believed to be) good advice.

Eventually something in particular that Swamiji said in an online lecture stuck in my mind as I listened gratefully while living in the West coast and too far away to attend *satsang* at the ashram in Miami. Swamiji often says, “Never pass up an opportunity for *satsang!*” I thought about it and realized I did not have a whole lot of what could be called “*satsang*” going on in my life.

What to do? I decided to go back to a nearby Catholic Church that was very beautifully decorated. Eventually I became very grateful for the religious upbringing that for many years I took for granted and did not appreciate. I continue to listen to Swamiji’s teachings and do try to be as disciplined as possible. I have also learned to pray with more of a heart full of that vague feeling of goodness to all that I could never really understand before.

THANK YOU SWAMIJI. Thank you all at the Ashram as well!

Kalyani