

**Yoga Philosophy and Meditation Course  
with Swami Govindananda**

**Golden Yogi  
New Zealand**

**24-25 November 2018**

**10 hour Course**



## **WELCOME TO THIS YOGA PHILOSOPHY + MEDITATION COURSE**

The yoga philosophy and meditation that I am going to teach you has great history. Many men and women, just like yourself, have practiced it through the ages. They have done so because it has been proven to bring great benefit to them. Though this meditation originates from India, it is timeless in tradition and profound in scope, it is for you, for everyone, wherever they may be. This is because it is to do with your complete being; your body, your mind and the life force within, your soul power.

Drawing from time honoured teachings such as the Bhagavad Gita, Ramayan, Shrimad Bhagawatam, and the Vedas; this 10 hour course will outline the main principles of yoga philosophy, the big picture of life, and the importance and purpose of meditation. This will give you a greater sense of purpose and understanding of your inner self and of the world around you; knowledge which goes right to the heart of your being.

Many years ago, I had the good fortune to live in India and learn personally from one of the country's historically accepted great Spiritual Masters. His name is Jagadguru Shri Kripalu Ji Maharaj. He was a Guru held in such high esteem that he was acknowledged as a 'Jagadguru' (a world teacher) and one of only five such personalities in the last 5,000 years of Indian history. The last one prior to him was 700 years ago. Over a number of years I lived in his ashram in rural India learning from him directly the subtleties of yoga philosophy and meditation at its deepest level. He showed me through knowledge and meditational practice, how to balance the physical needs of the body and mind with the spiritual needs of the soul. In essence, how to meaningfully live in this world whilst steadily moving towards fulfilment of our greater purpose and realisation.

There are a number of modules in this course, broken down over two days. In each session I will progressively introduce you to easy-to-understand teachings to do with your inner self. Accompanying this, will be a meditation practice that will not only awaken your potential, but gradually bring you greater awareness and benefit of the soul that sits within your body.

Whether you are new to yoga philosophy and meditation, that is OK because this course has many layers, many benefits, to suit your personal needs. As we develop your practice you will be able to decide, through experience, which level is appropriate for you. I will continually encourage you however, to take the next step since we often underestimate what we are capable of.

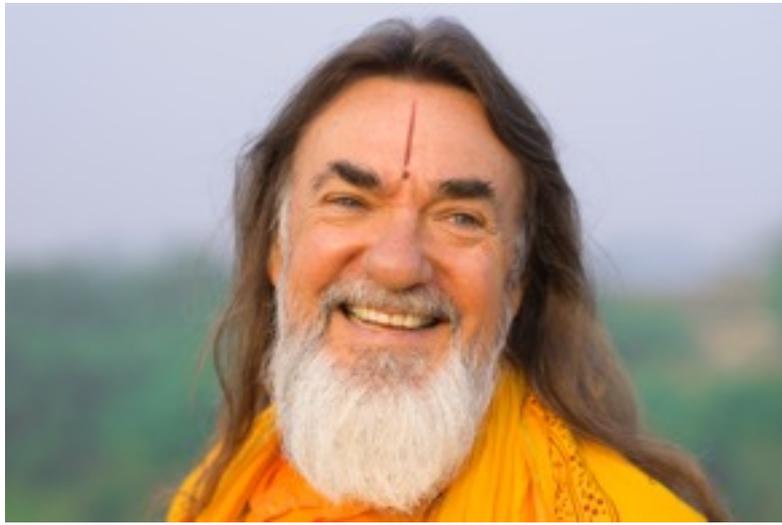
This is a very rare and genuine opportunity that is before you. I advise you to take it seriously, practice the meditation diligently every day. If you do this, the many benefits of this course will be yours to experience in this lifetime.

The entire subject matter that I will be teaching you is in complete agreement with the Puranas, Vedas, Bhagavad Gita and other scriptures, as well as the views and teachings of the various Saints.

For each session, please sit up, focus, and be alert. This will help to make sure you get the most out of this course.

Keep an open mind, a soft heart, and the focus to make this experience a positive one with great depth and meaning. It is just the beginning of your journey of yoga philosophy and meditation. It is my great hope that you make the most of this opportunity.

**Namaste! Swami Govindananda**



**Master Teacher Swami Govindananda (Swamiji)** is widely known for his ability to skilfully communicate profound philosophical subjects in an accessible, humorous, and appealing way that arouses others in their spiritual journey. Swamiji also inspires through example, embodying positive spirituality and showing how we can move towards fulfilling our highest potential. But most importantly, he will enrich your own path of self discovery.

He presents programs around the world at various yoga studios, conferences and retreats. He illuminates the wisdom that lies at the heart of yoga and gives inspirational insights into the significance of human life.

Swamiji is widely known for his depth of knowledge, his gentle, humorous nature and his ability to inspire in others the quest for genuine spiritual living. Through his retreats, online videos, audio meditations, live presentations, and written material, Swamiji has touched the heart of many thousands of people.

Though a Westerner, Swami Govindananda lived many years in India learning personally from a historically accepted, great Spiritual Master. He was taught philosophy and meditation at the deepest levels and after years of intensive training with this great Master, was accepted into the Swami order.

He specialises on teaching the essence of the great Indian scriptures known as the Vedas, Gita, Bhagawatam and Ramayan. He focuses on the pathways of yoga with the philosophies of Karma, Gyan and Bhakti Yoga.

With this blend of cultures and over 40 years of experience, Swamiji brings extraordinary clarity to the complex and timeless philosophies of India, making this knowledge easy to understand in a way that has rarely been seen in the West. He is a modern Holy man for today's times – a bright light for one and all.

**[www.swamigovindananda.com](http://www.swamigovindananda.com)**

## **Course Outline**

All sessions in this course will include a talk, interactive session, and meditation. We advise to contemplate and take notes during the breaks, at home, and throughout the sessions to gain maximum benefit. A booklet will be given to you at the beginning of the course.

### **Session 1**

#### **Why Vedic knowledge and the mind is so important**

The most profound and time-honoured spiritual writing of India is known as the Vedas. Through the Ages the greatest of Sages, Yogis and Rishis have bowed their heads in wonderment at the depth of knowledge that flows from this sacred body of wisdom. Within the Vedas lay the secret of how to live your life in the best way possible providing you with not only an immense appreciation of self, but also an understanding of the pathway to a fulfilling, joyful life experience.

Just as a dimmer switch adjusts the brilliance of a light bulb, so too can the effectiveness of your mind be developed or hindered. Vedic philosophy explains you can improve your perception and experience of life by understanding the purpose, nature and qualities of your mind.

This session will focus on three types of writings that are prevalent today; it will give emphasis to the authority and importance of the vedas and show how profound knowledge lays the foundation for beginning the journey of yoga and meditation. Swamiji will also explain the world of tri-guna and the balance of moving well, eating well, and thinking well.

### **Session 2**

#### **Happiness of the soul and going beyond the gunas**

It is self evident that we all sense our life is special, unique, on the road to somewhere. Wisdom is to give more time to this feeling, to explore it, and to understand it.

At the heart of all we do, lies the underlying motive of endeavouring to be joyful, to be happy and contented with our life. To give understanding as to why we feel like this, and how actual happiness can be experienced, Swamiji will speak of two powers— Maya and Yogmaya. He will also talk of a meditation that will take you beyond the gunas, a practice that is to do purely with the soul.

The session will conclude by elaborating on the timeless names of the soul (the atma), revealing your inner-most nature.

## Session 3

### The Compelling Force of Karma

The flow of individual life seems unpredictable, chaotic, subject to constant change, with moments of joy and sorrow interlaced throughout. From birth to death the powerful current of life sweeps us along as we ever try to make sense of it.

In this session Swami Govindananda will explain the rhythm of life, the specialty of the human body, showing how it has great potential and meaning; by understanding it, many questions that have often puzzled you will be answered. As part of this session, Swamiji will elaborate on three important and intriguing aspects of Karma known as Sanchit, Prarabdh and Kriyaman. He will show clearly how fate, destiny, and freedom of will combine to determine your life experiences— and what you can do to shape your future.

We are all bound by the endless cycle of birth and death, known as Samsara. Swamiji will explain how this cycle can be broken to create the yuj, the union of atma with the Paramatma, our divine nature.

## Session 4

### Letting Go of the Ego - Surrender and Grace

Why do the Saints and Sages advise us to give up the ego? What's wrong with it? In this final session, Swamiji will talk on the intricate staircase to self understanding, and the role that our individual ego plays in this journey. The steps on this staircase include understanding the nature of Vikarma, Karma, Karma Yoga and Karma Sanyas, finally ending with the most exhilarating yoga of all, Bhakti Yoga.

In conclusion, Swamiji will elaborate on the meaning and importance of the Sanskrit terms, 'satsang' and 'kusang.' Where you attach, or associate your mind, is the key to joyful living.