



"JOGA U SVAKODNEVNOM ŽIVOTU"
"Yoga in daily life"
Bosna i Hercegovina

Branilaca Sarajeva 11/IV, 71000 Sarajevo

On the occasion of the prestigious "Bharat Gaurav" Lifetime Achievement Award that HH Abunathswami Maheshwaranandaji recently received in London for his decades long personal work as well as for activities within the frame of the international system of YIDL we express our sincere congratulations and gratitude to HH Abunathswami Maheshwaranandaji for all that he has directly or indirectly done, and still does, for our country of Bosnia and Herzegovina (BiH) and its people as well as for the people all around the world.

We would also like to use this opportunity to remember the very beginnings of Swamiji's work for BiH, a country that went through a bloody war and severe divisions amongst its peoples, which has affected every individual in an unforeseeable way. These are the circumstances that make Swamiji's work and efforts very specific, complex and demanding. It should be emphasized that throughout the war in Bosnia and Herzegovina Swamiji dedicated himself devotedly and selflessly so that a much needed peace could be established and that all the peoples living here could be helped. His efforts after the war have been focused on two most important things for us here: peace and health that was seriously damaged as a result of the war. Given the circumstances, it is a very slow, laborious and often thankless process, the fruits of which ripen slowly over a long period of time. However, the selfless work and activities by HH Abunathswami Maheshwaranandaji as an Ambassador of Peace have been recognized by the highest officials in Bosnia and Herzegovina. The excerpts from the official statement given below show with what respect Swamiji was received in the Presidency Building in Sarajevo in 2009.



BiH Presidency Chairman Željko Komšić welcomed the prominent humanist, thanking him for his great commitment to the promotion of peace:

"You are an example of how one person can move a lot of people in a positive direction and I hope that your visit will start the positive energy that the citizens of this country have," said Komšić. He added that Bosnia had always been a place of coexistence of different religions and that it had always had respect for diversity in which people had always lived with each other, not next to each other, and that the visits of this prominent spiritual teacher was another significant contribution to the understanding of Eastern philosophy and the way of life in BiH.

"Your work means a lot to us in BiH because you promote a very noble idea worldwide, and we in BiH and the region need noble people and noble ideas" said Komšić, who as a sign of the utmost respect, gratitude and recognition of Swamiji's efforts and achievements handed a gift to this eminent spiritual master. "Feel free to come to BiH whenever you want because you have friends in Bosnia and Herzegovina", said Komšić at the end of the meeting.

His work on creating the elements necessary for the realization of the two primary goals for BiH- health and peace, HH Abunathswami Maheshwaranandaji continued through various meetings in our ministries. On those important meetings and conferences he explained, among other things, the essential and practical prerequisites for achieving the above-mentioned objectives that could be widely supported by the state institutions.



In this regard, during the visit to the Ministry of Foreign Affairs, Swamiji had a very pleasant and constructive meeting with the Deputy Minister of Foreign Affairs, Mr. Amer Kapetanović. In the Ministry of Civil Affairs Swamiji met with Mrs. Denisa Sarajlic-Maglić, Deputy Minister of Civil Affairs, and talked about how the YIDL system could practically improve and raise the quality of life in BiH. A great admirer and supporter of Swamiji's work and a great friend of BiH, Ambassador of India Gauri Shankar Gupta talked very positively about projects initiated and conducted by Swamiji around the world and put forward some practical and positive experiences as well as observations that could help us in Bosnia and Herzegovina.

Swamiji's "skype" satsangs in the Sarajevo YIDL ashram have been of a great help and benefit to us all and Ambassador of India Gauri Shankar Gupta has also been a very welcome guest in the Sarajevo YIDL ashram.



The interest for and understanding of different cultures is natural in a country like BiH where various peoples, traditions, religions and cultures from both the east and the west meet and intertwine. Having that in mind, Swamiji organized a YIDL international seminar in the beautiful surroundings of one of the most beautiful mountains in the world, also an Olympic skiing site, a mountain called Jahorina.



During his visits to BiH, Swamiji also held several public lectures, the first one being in the "National Theater", and another one in the "Bosnian Cultural Center" in Sarajevo, where the Ambassador of India spoke about the different cultural dimensions, and again, with great respect emphasized the immense importance of Swamiji's life-long work around the world.



Swamiji's public lectures in Sarajevo, besides having educational character, also spread the message of understanding among different cultures and religions and of preserving the authenticity of different traditions and heritage.

In addition to numerous public and official meetings in BiH, Swamiji held a series of lectures for his disciples who had come from all over the world. Very precious moments were also the ones during the gathering in the spiritual center of YIDL in BiH - "Sri Madhavanada Ashram" in Sarajevo, the first such center in BiH that was officially opened by Swamiji in 2009 on the birthday of his great master HH Paramhans Swami Hindu Dharmasamrat Madhawananda.



In his work Swamiji support authentic cultures of different regions and traditions and the preservation of historical and archaeological sites. Thus, in Bosnia and Herzegovina, near Visoko, visited the Bosnian Pyramid Complex and toured the underground corridors and obelisks that are found in them. During these excavations in the zone of the pyramids some YIDL members have worked as volunteers.



Inspired by Swamiji's work, members of YIDL BiH have taken part in various activities such as reforestation and collecting aid for people affected by natural disasters in Japan as well as in the flooded regions in BiH. Members of BiH YIDL have also participated in events such as the recent "Spirit Festival" and "Sarajevo - healthy and clean city" to name just a few.

We would like to mention that YIDL in Sarajevo presented the Yoga in Daily Life System to the country office of the World Health Organization (WHO). Upon introducing the WHO with various elements of the YIDL system, the YIDL became the only system of its kind that had received official support from the WHO. The YIDL became an essential part of the World Health Organization project entitled "Peace through Health", which was launched in order to improve and maintain the physical, mental, spiritual and social health in Sarajevo after the war.

At the end we would like to repeat the words said by BiH Presidency Chairman Željko Komšić that Swamiji is an example of how one person can move a large number of people in a positive direction.

“Yoga in daily life” - Bosnia and Herzegovina