



# Vihangam Yog in Leeds



**Leeds Temple**  
36 Alexandra Road,  
Burley, Leeds LS6 1RF  
United Kingdom



**17<sup>th</sup> Aug 2024**  
**3:00pm - 8:00pm**

### Schedule

**3:00pm**

Welcome & Intro

**3:30pm**

Divya Vani

**4:15pm**

Amrit Vani

**5:00pm**

Vihangam Yog Meditation

**5:30pm**

Break

**6:00pm**

Vedic Hawan Yajna

**7:30pm**

Prasadam

**Register  
for the event  
&  
Book  
Hawan Kund**



<https://tinyurl.com/Leeds-Hawan2024-VYUK>

Swarved Mahamandir



Sadguru Swatantradeo  
ji Maharaj (Swamiji)

Sant Naamdeo ji  
Maharaj

*The Masters belong to the great lineage of Rishi Shringi who performed Yajna for King Dashrath and Lord Rama was born.*

Vihangam Yog celebrated its **100<sup>th</sup> Annual Festival** in Dec 2023 with **Indian Prime Minister Mr. Modi** inaugurating **Swarved Mahamandir**, Varanasi (India) – the **largest meditation center** with 20,000 practitioners' capacity to meditate at a time. Swamiji has the same energy and grace of the lineage of Maharishis of highest order. He will be blessing everyone with the meditation as mentioned in Gita, Vedas and Upanishads. The first stage of the **ancient most meditation technique** establishes control over the wandering mind, provides stability of thoughts and emotions. Higher stages of meditation lead to purification of mind, realization of the Soul and the Supreme Being. The practice makes you experience the inner peace and brings the world peace.

Since 2013, the organisation has special consultative status from **United Nations – Economic and Social Council (UN – ECOSOC)**.

/TheNaamdeo

<https://vihangamyog.uk>



Seva



Sadhana



Satsang

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# Yajna ( यज्ञ )

- a practice of sacrifice with specific objectives
- an act by which we offer something for the sake of the deities
- offering into sacred fire performed with Mantras

## Purpose of Yajna

1. Worship (स्वपूजा) – to please the deities
2. Harmonization (संगतिकरण) – proximity with learned person to gain knowledge
3. Donation (दान) – of items belonging to you to the deserving

यज्ञ स्वपूजासंगतिकरणदानेषु

यज्ञो वै श्रेष्ठतमं कर्म

Yajna is the most superior Karma

यज्ञ ही सर्वश्रेष्ठ कर्म है

यज्ञो विश्वस्य भुवनस्य नाभिः

Just as the navel is the balance point of the body, similarly yajna keeps the world balanced.

जिस प्रकार नाभि शरीर का संतुलन बिंदु है, उसी प्रकार यज्ञ विश्व को संतुलित रखता है

## Benefits from Yajna

1. Spiritual Benefit
  - a. purification of mind & soul
  - b. positive energy infusion
  - c. fosters a sense of spirituality, helping individuals find meaning and purpose in lives
2. Health Benefit
  - a. improvement & relief from depression, mental stress, hypertension & toxication
  - b. improvement & relief from insomnia & heart conditions
3. Environmental Benefit
  - a. purification by spreading the ayurvedic elements to the environment
  - b. creates conditions for rain

## Yajna in Veda

अद्विजगच्छे पुत्रैर्हितं यद्रथ्यं स्वर्गाविजम् ।  
होतायं यदधातयम् ॥

— Rigved 1 / 1 / 1

At the beginning of the yajna, I offer my prayers to the Supreme Being who is beneficial to the whole world. May I become the possessor of all the gems by performing the Yajna by your grace.

## Yajna in Geeta

यद्वाथीकर्मणोऽयन्न लोकोऽयं कर्मवन्द्यतः ।  
तस्यै कर्म कोटोप नुक्तस्यैव यन्नाथयः ॥

— Geeta 3 / 9

O son of Kunti! Other than the acts of Yajna, that is, worship of Almighty, other deeds lead to bondage in this world. Therefore, you should perform deeds without attachment.

## Yajna in Ramcharit Manas

सुंगी शिथिहि वियुष्ठ बोलावा ।  
पुत्रकाज सुभ वक्य कथावा ॥

— Balkand

King Dassrath requested Rishi Shringi for Yajna with a desire to have a son.



## The Power of Mantra

ऋषयो मंत्र द्रष्टारः

Mantras are the own experiences of Rishis.

An amazing ambience is created when we chant the Mantra.

