OM NAMAH SHIVAYA
ASHRAM RULES

Welcome to Haidakhan Vishwa Mahadham

Haidakhan Vishwa Mahadham is a universal pilgrimage centre for spiritual upliftment and purification, based upon the teachings of Shri Babaji.

Shri Babaji guided the devotees on the path of Sanatan Dharma, the eternal spiritual law. Truth, Simplicity and Love are Shri Babaji's ageless message for mankind and must be imbibed in our daily lives. Babaji impressed upon the virtues of Karma Yoga and Japa Yoga towards achieving ultimate happiness in life.

Babaji was a strict disciplinarian and insisted that all devotees participate in every activity of the Ashram. He also encouraged the practice of constant chanting of the mantra

"Om Namaha Shivaya".

We wish you a happy spiritually uplifting experience.

ASHRAM DAILY SCHEDULE

(The timings can vary according to the season)

* 04:00 am ARISE AWAKE MORNING BATH
time for private practice
* 05:00 am – 06:00 am CHANDAN IN BABA JI KUTIR (Summer time)
* 05:30 am – 06:30 am CHANDAN IN BABA JI KUTIR (Winter time)
• After taking Chandan time for private meditation in Maha shakti Dhuni.
MAIN TEMPLE, Japa, Kirtan (KIRTAN HALL)

* 06:30 am - 07:30 am AARTI MAIN TEMPLE (Summer time)
* 07:00 am - 08:00 am AARTI MAIN TEMPLE (Winter time)

(AFTER AARTI READING OF BABAYIS TEACHING KARMA YOGA MEETING)

08:00 am – 09:00 am Breakfast available in local tea shops. (Self)

* 09:00 am – 11:30 am KARMA YOGA
* 12:00 pm -12:30 pm PRASAD LUNCH
* 01.00 pm - 03.00 pm RESTING TIME (SECOND BATH)
* 03:30 pm - 05:30pm KARMA YOGA
* 05:00 pm Private meditation in Maha Shakti Dhuni
* 07:00 pm – 8:15pm AARTI MAIN TEMPLE (Summer time)
* 06:30 pm – 7:45 pm AARTI MAIN TEMPLE (Winter time)

DIRECTLY AFTER EVENING AARTI DINNER IS SERVED.

* 09.30 pm REST SILENCE (Summer time)
* 09.00 pm REST SILENCE (Winter time)

* Compulsory
* Optional

BHOLE BABA Ki Jai !

GENERAL ASHRAM REQUIREMENTS

The devotees are requested to adhere to
the following guidelines for stay in the Ashram.

1. Keep the Ashram rooms and premises clean. No cooking or smoking is permitted in the rooms. (Cleanliness is the first rule of spiritual discipline. Babaji required that His Ashrams remain neat, clean and beautiful. A clean atmosphere of love and cooperation is where Gods reside to help our inner purification process.)

2. For reasons of hygiene, women are requested, during their menstrual cycle, to stay away from the temples, Dhuni, Babaji's room and the kitchen, for four days. However, they are permitted to participate in other karma yoga duties.

3. Wear freshly laundered traditional Indian clothes (sari for women/ lungi/dhoti for men).

4. Performance of Mundan (shaving of head) is a traditional ritualistic practice and symbolises of complete surrender to God/Guru. It cleanses the negativity of past life karma, and offers an opportunity for a fresh start in life. Mundan also psychologically also severs attachment to our egotistic phenomenal form, and removes old imprints stored in our hair, thereby activating the crown chakra. According to yogic teachings, Mundan should be performed at least once in a lifetime. This helps to enhance the flow of energy, vital for mental and physical development.

5. Usage of drugs or alcohol in the Ashram premises is strictly prohibited. We are well aware that intoxicants and spiritual practices do not mingle well. In fact, drugs can reverse our spiritual journey. Shri Babaji's teaching was that drugs have absolutely no place in serious sadhana.

6. An Ashram is an exalted place of worship, devotion and reverence to God, where devotees come to meditate, pray and literally change their lifestyle. An Ashram is understandably not a place for indulgence in physical/sexual relationships. Such activity hinders further spiritual upliftment. One must therefore practice abstinence and remain celibate. Celibacy helps to transform sexual energy into a higher spiritual force.

7. The food that is cooked in the ashram kitchen is consecrated as an offering to Babaji. Devotees, offering service in the kitchen, are advised to wash their hands and feet before entering the Kitchen. No food should be eaten before puja, and hands must be washed, and mouths rinsed after eating. Care must be taken to not taste the food that is being cooked in the kitchen since it is considered a symbol of offering to the Divine Power.

8. While a bath in the Gautami Ganga is refreshing and cleansing, care should be taken to keep the body reasonably covered to avoid complete physical exposure. Ladies, in particular, should consciously adhere to this rule

MEANING OF
SADHANA

RISING

Rising at 3:30 am taking a bath helps to align one with Nature's rhythm. It overcomes laziness and inertia at the physical level, and prepares us for our morning spiritual practices.
Taking an early morning bath can be a first purification practice of the day. In Haidakhan one is fortunate to be able to bathe in the Gautami Ganga, a very holy river, sacred to Lord Shiva. This holy water not only purifies and cleanses our physical bodies but also our psychic framework. Shree Babaji taught that a bath in the Gautami Ganga helps to attain liberation

MEDITATION

The best hours for meditation and worship are at sunrise and sunset. Shree Babaji would instruct us to do japa, which means repetition of a mantra, His favourite mantra was Om Namah Shivaya, (I bow to Lord Shiva.) Babaji's Mantra is an empowerment of His Spirit. By repetition of the Mantra, the mind is purified of all negative and useless thoughts.

CHANDAN

(YELLOW SANDALWOOD PASTE)

Chandan, the yellow sandalwood paste, which is applied on the forehead, is a blessing from the Guru's hands and uplifts the divine energy in the devotee. The accompanying red kumkum and rice which are also applied along with the Chandan, are symbols of the third eye and purity of the spirit. Chandan is to be applied after the morning bath (in the Temples.) If one must visit Shree Babaji's room, care must be taken to remove footwear before entering.

FIRE CEREMONY
HAWAN

Worshipping fire as a form of the Divine, is a Vedic tradition.
Fire is a manifestation of cosmic energy (shakti) and an element of transformation. Feeding the fire with material offerings, (like rice, black sesame, barley, suger, ghee, coconut, five kinds of dry fruits) while reciting certain Mantras, helps to transform gross energy into a more subtle one. Daily hawan keeps the environment harmonious.

The dhuni (the holy fire pit) is revered as a form of the Shakti, the Divine Mother.

Only the pujari and those-in-charge may touch and handle the wood for the dhuni fire
The Vibhuti (sacred ash) is used for healing. It is distributed by the pujari and is not handled individually.

We participate in the hawan after taking a bath, wearing a sari (for women) or a lungi/dhoti (for men) and remaining bare feet (without socks).

ARTI AND KIRTAN

(HYMS AND DEVOTIONAL SINGING)

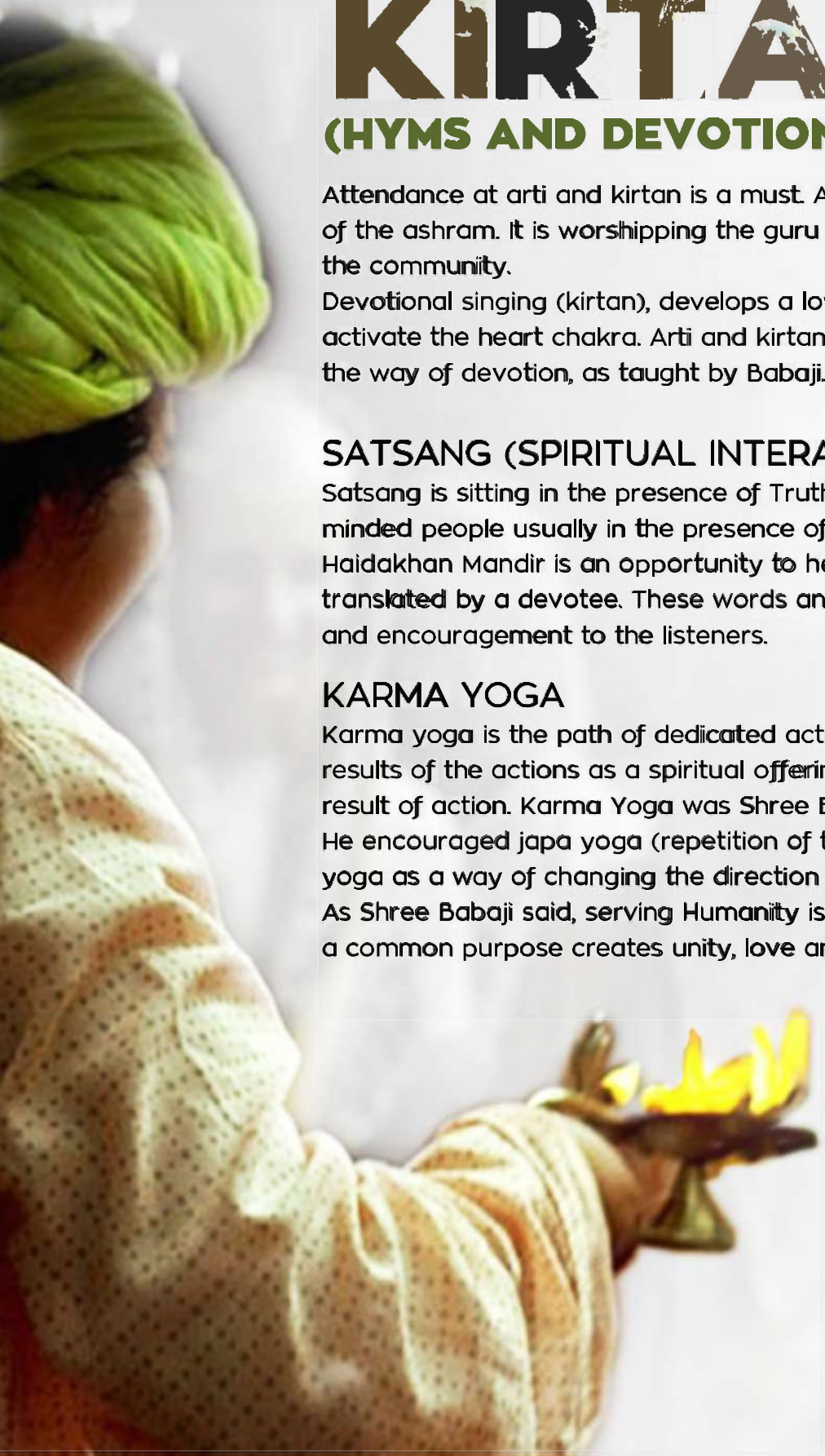
Attendance at arti and kirtan is a must. Arti is one of the essential routines of the ashram. It is worshipping the guru and keeping His Presence alive in the community.
Devotional singing (kirtan), develops a love for the Divine, and helps to activate the heart chakra. Arti and kirtan are the essence of bhakti yoga, the way of devotion, as taught by Babaji.

SATSANG (SPIRITUAL INTERACTION)

Satsang is sitting in the presence of Truth. In short, it is a gathering of like-minded people usually in the presence of a spiritual master. A satsang in the Haidakhan Mandir is an opportunity to hear words uttered by Babaji and translated by a devotee. These words and phrases provide daily inspiration and encouragement to the listeners.

KARMA YOGA

Karma yoga is the path of dedicated action or work, which renounces the results of the actions as a spiritual offering. Karma is both action and the result of action. Karma Yoga was Shree Babaji's main teaching.
He encouraged japa yoga (repetition of the holy name) along with karma yoga as a way of changing the direction of one's life toward a higher calling. As Shree Babaji said, serving Humanity is serving God. Working together for a common purpose creates unity, love and peace in the community.



SILENCE AND REST

After evening arti and dinner, it is time for rest and silence.

SHREE BABAJI'S
SPIRITUAL TRAINING

The Sanatan Dharma (the Eternal way of life), is an ancient tradition.

Human pain and suffering are created by one's own ignorance and separation from the Eternal Law. For the purpose of reuniting with the Divine, spiritual seekers practice discipline and purification by living a spiritual life, which is referred to as sadhana. Shree Babaji's discipline gives us true spiritual freedom.

During training and the process of transformation, any problem or negativity experienced, or any resistance confronted, is a teaching and has the potential of healing and purification in it. Our devotion to God, our commitment to our sadhana, our faith in Babaji and the way he has taught us. will pull us through the illusions which prevent us from realizing the Truth. What is required from us is our surrendering to the process. The various purifying methods which are practiced here, involve all the five elements-earth, water, fire, air and ether as vehicles of divine energy to heal and uplift us towards our own Divinity.

When our mind is obedient to our spirit, we become one with the Divine and are able to serve the world as instruments of God.

Bhole Baba Ki Jai
The Haidakhandi Ashram