North America Institute of VIHANGAM YOGA
Maharshi Sadguru Sadafaldeo ji Maharaj laid the foundation of Vihangam Yoga Meditation in the year 1924 after 17 years of strenuous seeking and practice. He discovered not only the Asana for body but for the mind as well as the soul. He mastered the art of discarding the body at will and utilized the power of soul to speak from the sky. He wrote 35 spiritual books of which “Swarved” is of utmost importance and is regarded as encyclopedia of spirituality. Before discarding His mortal frame in the year 1954 through a yogic technique, He passed on all his powers and wisdom to Sadguru Shri Dharamchandradeo Ji Maharaj.

Acharya Shri Sadguru Dharamchandradeo ji Maharaj devoted all his life to the cause of spreading the divine knowledge of Brahma Vidya Vihangam Yoga till His Samadhi, in the year 1969. In its original form, the Swarved would have remained too complex for any one to understand the real import of its highly camouflaged and secret verses. It was Dharamchandradeo Ji Maharaj alone who had the divine vision and wisdom to bring out the real message underlying the secret verses. Without his commentary, the entire mankind would have remained deprived of the divine light of Brahma Vidya Vihangam Yoga. Besides commentary of Swarved, He also wrote ten other spiritual books covering various aspects of spirituality and human well-being.

Acharya Shri Sadguru Swatantradeo ji Maharaj was born with divinity. At the mere age of 22, he was able to absorb the tremendous flow of Sadguru power and became the next successor after Sadguru Dharamchandradeo Ji Maharaj. He is endowed with twenty divine spiritual powers. Today, under His holy guidance, Vihangam Yoga has reached around 35 nations with hundreds of Ashrams and has transformed the lives of many. Currently more than 5 million people belonging to different races, regions, castes and classes are practicing Vihangam Yoga Meditation under His holy guidance.
Who we are?

North America Institute of Vihangam Yoga, Inc a.k.a. NAIVY is a public charity organization. It carries the wisdom of Vihangam Yoga and conducts various Yoga and Meditation workshops across states.

Our Vision is in line with that of Sadguru Sadafaldeo Vihangam Yoga Sansthan in India. It caters to

- Health initiatives and spiritual enlightenment
- Serving the Elderly
- Sharing Vihangam Yoga Spiritual Wisdom and Meditation techniques for the human well-being

For further details, please browse to our website [www.us.vihangamyoga.org](http://www.us.vihangamyoga.org) or email us at [northamerica@vihangamyoga.org](mailto:northamerica@vihangamyoga.org)
Physical Yoga (Yogasana and Pranayama)

Yogasana and Pranayama are practiced based on body and breath. Owing to its immense health benefit, it is gaining wide popularity throughout the globe. It caters to various Yoga poses and breathing techniques through which we maintain the health. However abnormalities of mind viz. mental stress, restlessness, anxiety, discontent, unhappiness, depression, loneliness, negativities, etc cannot be treated just with Physical Yoga.
What Is Vihangam Yoga Meditation?

Vihangam Yoga is meditation based science of consciousness. It is an ancient meditation technique practiced by Indian seers and sages. It is also known as Brahma-Vidya, Madhu-Vidya, Para Vidya, etc in the Indian ancient most scriptures and Vedas. "Vihangam" literally means "bird". Just as a bird leaves its base on the earth to fly high in the sky, so does Vihangam Yoga enable the human Soul (Atma) to cut off its moorings in the Phenomenal world (Prakriti) and realize its true and free nature which is full of ever lasting peace, bliss, wisdom and love.

Vihangam Yoga practice is divided into five stages of meditation catering to (and not limited to) controlling and purifying the mind, awakening kundalini, awakening the power of consciousness, experiencing the conscious form of the self and that of omnipresent supreme consciousness.
Mind and Its Characteristics

Mind is an inner organ of the body. It is an entity that has the capability to interact with conscious soul as well as organs of the body. The severe restlessness in mind is the root of various mental and physical diseases. But when the mind is at peace, it induces tremendous confidence, will power, working efficiency as well as elevated compassion and love. Mind is very restless by its nature and does not stick long at one subject. It has a limitation. It cannot work with more than one sensory organ at any point of time. It shuffles around five sensory organs jumping from one subject to the next.

Being an organ of the body, it has a specific mechanism to work when awake, when dreaming and when in deep sleep. Mind is one among nineteen elements of the subtle body, and one among four inner organs. Mind is not an abstract entity but it is a uni-located entity of a special type that is neither fully inert nor fully conscious. In Vihangam Yoga, it is known as “Agantuk Chetan Tatva”

Through five stages of meditation in Vihangam yoga, we find the answer for

- What is mind? (Mind it, it is not the brain 😊)
- How to overcome the abnormalities of mind (Restlessness, depression, etc)
- How to improve our mental capabilities?
- How to attain everlasting peace and joy?
In Vihangam Yoga Stage 1 meditation, we learn that the mind is a uni-located entity which can be SEEN in its agantuk chetan form, when stopped. You can control a uni-located object when its whereabouts is known. The secret to controlling mind also lies in knowing its place in the body, its form and in knowing how to literally control THE mind right at its own spot. This special form of meditation is known as Asana for the mind as the mind comes into complete rest (manonigrah) in the process.
Scientific Research On Vihangam Yoga

**Restful Alertness**

There is a state of high relaxation during the Vihangam Yoga meditation meaning that the person is neither anxious nor tensed. There is a high alertness during the meditation, which means he can react efficiently to the task on which he is concentrating. There is state of consciousness which is difficult to interpret scientifically.

Power of Alpha waves - Relaxed State: During Vihangam Yoga meditation, a person reaches relaxation levels up to five times higher than the normal levels. Graphs depicting the power of Alpha waves before, during and after meditation for 3 person taken for study.

Alpha Wave Coherence - Alertness: A person is more alert during Vihangam Yoga meditation. Graphs depicting the Alpha Wave Coherence before, during and after meditation for 3 person taken for study.
Scientific Research On Vihangam Yoga contd...

**Reduces Anxiety Neurotic Symptoms**

Vihangam Yoga Meditation has positive impact in reducing the anxiety symptoms. A group of anxiety patients subjected to a rehabilitation program for 21 days. Non VY practitioners showed 20.6% improvement. The meditation practitioners demonstrated 70.3% improvement. Study conducted by Dr. Ravi Prakash in few rural areas and narcotics rehabilitation

About 300 people were surveyed

**Results**

Among the practitioners who continued the meditation for more than 6 months, the nicotine quitting rate was >70% and alcohol quitting rate was >50%.

**Reduction in Negativity**

Depression and suicidal tendencies reduce after Vihangam Yoga Meditation and diminish to a large extent on regular practice.
Beneﬁts of Vihangam Yoga Meditation

SPIRITUAL BENEFITS
Encourages sense of peace - A consistent sense of well being
Make you realize the true form of your inner self
Takes you towards the source of eternal bliss: The supreme soul

MENTAL BENEFITS
Lowers stress
Develops creativity
Improves performance
Improves concentration and memory
Balances emotions
Brings clarity to the mind
Controls addictions like Alcohol, smoking and drugs

PHYSICAL BENEFITS
Better Sleep
Faster healing
Improves eye sight
Lower blood pressure
Increases energy level
Strengthens the nervous and the immune system
Increases lung capacity for better breathing
Social Services

Our associate Sadguru Sadafaldeo Vihangam Yoga Sansthan, India is affiliated with the UN-Habitat and upholding a Special Consultative Status by the UN-ECOSOC, Vihangam Yoga is committed to apply sustained efforts at the grass root level. Few of many initiatives include

- Handicraft Development Program,
- Women Empowerment Program,
- Youth Vocational and Leadership Program,
- Health Initiatives,
- Personality Development,
- Help the needy, etc.


Promotional Activities

- From time to time, NAIVY conducts free Yoga and Meditation training for people of America for giving the taste of ancient wisdom.

- NAIVY lends its service to any charity program that relates to the physical and spiritual well being
1. Transformation Workshop

Transformation workshop is a 2 hours crash course organized for the people or corporate who lack time or opportunity for Vihangam Life workshop. The course includes following highlights:-

a. QSB : Quick Stress Buster: - A very effective technique to burst the mental stress
b. Daily Yoga essential for Health :- Specially designed collection of Yoga poses for busy professionals
c. Pre-meditation Breathing:- Breathing technique with benefits of meditation
d. Introduction to Vihangam Yoga Meditation Stage 1:- “Manonigrah” Meditation technique that works directly with the mind and controls it.
2. Vihangam Life Workshop

Multiday corporate or residential workshop with detailed instructions and supervision gives ample opportunity to perfect the practice of Vihangam Yoga catering to physical well-being and controlling the mind. The course consists of:

a. Iterative-QSB: Quick Stress Buster: A very effective technique to burst the mental stress. Practiced several iterations to enjoy its instant benefits

b. Multiple Disease-Specific Yoga: Each day in this course has different flavors of Yoga tailored to deal with various diseases

c. Disease-Specific Breathing (includes Premeditation): Pranayama or breathing technique are of various types. This course covers more than 7 types whose specific combination works best for a specific disease

d. Meditation for Mind: Vihangam Yoga meditation is scientifically proven and ancient wisdom approved technique to control “The Mind” directly. A true spiritual seeker mentions it as the ancient most and the best meditation in the world.

e. Science of Consciousness: Learning What is mind; location of mind when awake, when dreaming and when in deep sleep; Know consciousness, its types and its relation with the Mind.

For further details, browse to www.us.vihangamyoga.org/workshops.php
Sadguru Sadafaldeo Vihangam Yoga Sansthan, India

- An NGO and a pioneer in yoga and advance meditation training, aiming at uplifting the human life in all aspects.

- Established in the year 1924 by His Holiness Sadguru Sadafaldeo Ji Maharaj who discovered this wonderful meditation technique after 17 year of strenuous meditation practice

- Spread over 35 nations with more than 300 centers and having transformed the lives of millions of people belonging to different races, regions, castes and classes.

For further details, browse to www.vihangamyoga.org

Sukrit Wellness Tour

It caters to wellness and spiritual tourism, amalgamating the values and techniques of Vihangam Yoga – an ancient science of spirituality. They specialize in spiritual tourism, including Yoga (Asana and Pranayama) training, Ayurved, Vedic culture, Hawan and many more.

For further details, visit www.kumbh-retreat.com
Who can join?

Vihangam Yoga practice is open to schools, colleges, businessmen, housewives, lawyers, doctors, engineers, corporates, and various other diverse communities, etc. Practically it is for all human beings above the age of six.

Trainees

All instructors of NAIVY are certified by Vihangam Yoga, International (Sadguru Sadafaldeo Vihangam Yoga Sansthan, India). For comprehensive list of instructors, visit www.us.vihangamyoga.org/Contactus.php

Donors and Sponsors

North America Institute of Vihangam Yoga is a 501 (c) (3) tax-exempt organization and accepts donations from an individual, a corporate, an association and from anybody who appreciate our work and service.

For online donations, please visit http://www.us.vihangamyoga.org/Donate.php

Terms and Conditions

If at any time during the class, you feel discomfort or strain, gently come out of the posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day. You understand that yoga is not a substitute for medical attention, tests, diagnosis, or treatment. You should consult a physician prior to beginning any activity program, including yoga. You recognize that it is your responsibility to notify your teacher of any serious illness or injury before every yoga class. You will not perform any postures to the extent of strain or pain.

You accept that neither the instructor, nor the hosting facility, is liable for any injury, or damages, to person or property, resulting from taking up the classes.
Successors of Vihangam Yoga

Sant Pravar Shri Vigyan Deo Ji Maharaj is a living example of an enlightened soul. A pure yogi experiences electrifying energy emitting out of his soul. Others who happen to attend his Swarved Kathamrit (vivid commentary on Swarved) easily recognize his yogic stature. The lucid explanation about deep concepts of Swarved by him leaves no doubt in listener’s mind that He is an experienced Yogi who have already lived through all spiritual experiences mentioned in Swarved.

Sant Shri Naam Deo is the greatest youth force in Vihangam Yoga. At such a young age, he has got very in-depth understanding and experiences of spirituality. He is the president of the International wing of Vihangam Yoga, Chief Editor of monthly Sukrit Magazine, leading various Social Service Initiatives of Vihangam Yoga in collaboration with ECOSOC and UN Habitat such as Handicraft Development Program, Women Empowerment Program, Youth Vocational and Leadership Program, etc. He also pioneers various Wellness Programs and list goes on. It is a great privilege to have an opportunity to see him and listen to his wisdom.
Vihangam Yoga workshops by NAIVY, USA

Dublin, OH
San Jose, CA
Grayslake, IL
Maryland
Michigan
North Carolina
Virginia
San Diego, CA
New Jersey
Virginia
Pennsylvania
New Jersey
Social activities by NAIVY, USA

NAIVY members spreading awareness on International Yoga Day

Blood Donation drive by NAIVY Team
Swarved Mahamandir Dham, Varanasi

- World’s largest meditation center, 20,000 capacity. Ground floor area 64,000 sqft.
- Dedicated to the Holy Treatise Swarved. All verses (4500+) inscribed on fine marble walls.
- Near Sarnath. 17 km from Varanasi Railway Junction, 25km from the airport.
- Exceptional meditation experience.

www.vihangamyoga.org
“Wonders is the way of Vihangam Yoga, I will initiate thee into that; If thou practiseth it as prescribed, I shall verily lead thee to the land of immortality”

- Sadguru Sadafaldeo ji Maharaj, founder of Vihangam Yoga

www.us.vihangamyoga.org
www.youtube.com/vihangamyoga