

About Swamiji

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Paramhans Swami Maheshwarananda, simply known as Swamiji, is recognised globally by thousands as one of the great Self-Realised Masters who has brought the ancient science of Yoga to the West. Humanitarian worker and tireless advocate of world peace, he has dedicated his whole life to serving humanity. His insight and understanding of the problems of modern society led him to create a unique and comprehensive system of Yoga called Yoga in Daily Life. Swamiji ceaselessly spreads the message of Sat Sanatan Dharma "the eternal truth" around the world to inspire humankind to follow the ethics and moral principles of non-violence, love, tolerance and protection of all living creatures.

Founder of Yoga in Daily Life

Born in rural Rajasthan, India, Swamiji was drawn to spirituality from an early age. At age thirteen Swamiji met his Master, Paramhans Swami Madhavananda (known simply as 'Holy Guruji'). Through serving Holy Guruji and doing rigorous spiritual practice under his guidance, Swamiji attained the state of Self-Realisation at the age of seventeen.

In 1972, Swamiji moved from India to Europe to spread the teachings of Yoga. Swamiji became aware of the many problems people face in the modern world as a consequence of stress, bad habits, and unnatural ways of living. He developed a comprehensive system called "Yoga in Daily Life", based on original yoga tradition and specially directed to the needs of modern civilization. It is available to people of all ages and walks of life, regardless of age or level of physical ability. Today, Yoga in Daily Life centres in twenty six countries worldwide offer Swamiji's teachings through the practices of Yoga and Meditation.

The main points of Swamiji's teachings are:

- >> physical, mental, social and spiritual health
- >> respect for life
- >> tolerance for all religions, cultures and nationalities
- >> global peace
- >> protection of human rights and values
- >> protection of environment and preservation of nature.

The realisation of these fundamental principles of life leads one to spiritual development, Self-Realisation and Realisation of God.

[Read Swamiji Bio here](#)