Vihangam Yoga: Sustained Enlightenment Through Spiritual Revolution
Do you know - We do not use more than 3 - 5% of our mind capacity?

Have you ever noticed a constant, unwanted chit-chat going in your mind?

How many times you really had a choice to lead life the way you wanted?

Many symptoms, one disease - 'Constant Enslavement' to mind!

Breaking this constant enslavement is called 'Enlightenment'.

Enlightenment as way of life is called 'Sustained Enlightenment'.

Journey from 'Constant Enslavement' to 'Sustained Enlightenment' is just not a process of spiritual evolution, but a paradigm shift in human race based on the principle of reverse magnification.

To achieve this paradigm shift, Vihangam Yoga conducts regular meditation workshops, called “Transformation - A life transforming workshop by Vihangam Yoga.”

Vihangam Yoga, based on research over physical, mental and spiritual needs of various segments of society, also conducts especially designed workshops to cater their needs viz.

- EL² (Easy Life, Enjoyable Life) for everybody - Art of Fulfilled Living
- EM² (Efficient Manager, Effective Manager) for Corporate Effectiveness
- EY² (Empowering Youth, Enriching Youth) for Youth Building

Serious spiritual seekers who want to demystify the vicious cycles of life and death, the universe and beyond, “Who am I”, and so on can attend the unique, unparallel workshop on spirituality based on ancient most Bramha Vidya Technique called, “SESR (Sustained Enlightenment through Spiritual Revolution).”
GET READY TO WITNESS THE TRANSFORMATION!

It's an era of deteriorating values. Humanity is dying. Mankind is crying. World-wide efforts of bringing in peace and harmony are sucked in impotency. Uncontrolled stress levels, depressions and suicidal attempts are but the initial symptoms of the stern rebuke against the prevailing circumstances.

No more! Vihangam Yoga is here to help you

- Achieve 'complete' cessation of mind to enjoy the peace as way of life.
- Reveal your true identity to unleash the tremendous, untapped potential within you.
- Connect with the eternal bliss to liberate you forever from the vicious cycle of pain chain.
There arrives sometimes a super soul on this mortal land, who shifts the gears of humanity for a giant leap. 1888 AD was such a sacred era, when an incredulous soul, named Sadafaldeo, descended down in the village Pakri (Ballia) of U.P. state in India.

Sadafaldeo at a tender age of 11 embarked on pilgrimages to quench the spiritual thirst. After many years of unflinching practice of all yoga, mantra chanting, meditation and so on, one day he saw a sublimely radiant effulgence in his room and heard a mesmerizing soothing voice, “These practices cannot connect you to the Eternal Bliss. It’s a wondrous path, different from all the popular practices.”

After 17 years of toilsome practice, the owner of that voice appeared in His divine effulgent form and blessed Sadafaldeo with supreme authority of Sadguru. He was none other than the Eternal Sadguru Himself, who has a mention in all the spiritual scriptures as the immortal, eternal spiritual master.

Sadguru Sadafaldeo Ji Maharaj established The Institute of Vihangam Yoga in 1924 AD with the sacred mission of spreading the same wondrous path for benevolence of the mankind.

Sadguru said, “Wondrous is the path of Vihangam Yoga that I’ll preach you. Follow it sincerely and take my words: I, with my authority, will connect you to the Eternal Bliss.”

The best gift of Sadgurudeo to the mankind that will prevail forever is the unparallel spiritual scripture, Swarveda - The Encyclopedia of Spirituality. This scripture is a reflection of His own experiences. He did not use any other reference while composing this scripture, rather He used to close His eyes, experience the fact and note it down. Even today, when a yoga practitioner chants the Swarveda rhymes, he experiences deep vibrations inside, such is the glory of this scripture.
Apart from 300+ Centres of Excellence throughout the globe, Vihangam Yoga has 6 main Ashrams in the divine serenity of nature viz.

- **Vritikut Ashram**, built on the sacred land where Sadgurudeo undertook the strenuous penance for 17 years.

- **Maharshi Sadafuldeo Ashram**, the international center, built on the bank of the sacred river Ganges near Triveni Sangam, Prayag, Allahabad, India.

- **Shoonya Shikhar Ashram**, situated in the deep valleys of the Himalayas, where Sadgurudeo composed Swarveda - the encyclopedia of spirituality.

- **Madhumati Ashram**, situated in vicinity of the sacred land of Buddha, Gaya, India.

- **Dandakvan Ashram**, situated near Mumbai in the dense forests of Gujarat, India.

- **Swarveda Mahamandir**, the gigantic meditation centre, getting constructed in the holy land of Sarnath, Varanasi, India.
Vihangam Yoga: Fostering World Peace and Harmony

Dynamic Vihangam Yoga volunteers distributing medicines and clothes to Tsunami Victims

Health is wealth - Free Medical camps

School for Vedic Revival - Enriching the young genes

Nurturing the Nature - Plantations at Ashram

Meditation - The way to inner peace
200,000 + benefitting from Vedic Yajna - Atmospheric Detoxification

Shelter, The need of life - Home for Homeless

March to more mountains - Mission to lit the lamp, where even light plays hide and seek

EL² (Easy Life, Enjoyable Life) - Art of Fulfilled Living

Distributing clothes to the poor and needy in the holy presence of The Sadgurudeo
Don't you sometimes feel fatigue at the workplace and wish you had an abode that could recharge you completely? You, along with 10,000 others, can enjoy together the spiritual bliss of meditation at this abode, situated in the picturesque land near cultural and spiritual capital of India, Varanasi. “A yogi, even thousands of years later, will experience the vibrations of live spiritual atoms present here”, these words of Sadguru are testimony of the energy field that this sacred land possesses.

The uniqueness of this great temple is the Swarveda rhymes getting embossed on the marble walls to immune this unique, unparallel spiritual scripture for generations to come.

- Total Land : 11 Acre
- Total building area : 37,500 m²
- Expected cost : Rs. 250 crore (US$ 62mn)

Swarveda Mahamandir
(The Meditation Centre)

With the unfortunate multiplication of diseases and number of patients, world need to gear up with the super specialty modern treatment capabilities for disastrous health disorders like cardiac troubles, cancer, diabetes and so on. This hospital, with special provisions for serving underprivileged people, is very much need of hour, especially when the cure to these diseases have become so costly.

- Total Land : 15 Acre
- Building area : 50,000 m²
- Expected cost : Rs. 500 crore (US$ 124mn)

Sadguru Sadaafal Chikitsálaya
(The Hospital)

Have you ever visited SPA? Fed up with the allopathic treatments, the world is gradually shifting towards ancient panacea, a very effective treatment naturotherapy. This project is a milestone in this series, which will establish a super specialty naturotherapy centre with all essential amenities.

- Total land area : 3 acre
- Total building area : 2000m²
- Expected cost : Rs. 50 crore (US$ 1.25mn)

Prakritik Chikitsa Kendra
(The Naturotherapy Centre)
Old age requires most care. This home will be shelter for thousands in need, when it matters the most...

- Total building area: 2500m²
- Expected cost: Rs. 5 crore (US$ 1.25mn)

Sadguru Sadafal Vidyaapeetha
(The Education Centre)

While keeping pace with the modern science, we should not forget the great science of Vedic age. This premier educational institute, with a proper synchronization between the Vedic values and modern age, will nourish the best of breed culture.

- Total Land: 15 Acre
- Building area: 50,000 m²
- Expected cost: Rs.125 crore (US$ 31 mn)

Vriddhashrama
(The Old Age Home)

Yoga Anusandhana Kendra
(Yoga Training And Research Centre)

To boost all Yoga related research and studies, possessing ultra modern techniques, this state of art centre will prove the capabilities of yoga scientifically.

- Total land area: 3 acre
- Total building area: 3000 m²
- Expected cost: Rs. 15 crore (US$ 4mn)
Windows to the Divine

The eternal, deathless spiritual master, the Sadguru, flows His divine energy on the mortal land for a specific time span. He calls upon a very special soul to carry this divine energy for the upliftment of one and all.

Sadguru Sadafaldeo Ji Maharaj was such a supreme blessed soul!

After Sadguru Sadafaldeo left His mortal frame, His able disciple Acharya Sri Dharmachandradeo Ji Maharaj carried forward the divine light for 15 years.

The third harbinger in this series is the present Sadguru Swatantradeo Ji Maharaj.

“Swatantradeo (the deity of independence) has arrived. Now, India will get independence”, these were the words of Sadguru Sadafaldeo at His divine birth on July 28, 1947.

The very special souls like Him are called upon with a purpose. It’s further proved with the fact that He used to quench the spiritual thirst of true seekers at a tender age of 5 and assumed the highest authority of Sadguru at a young age of 22 years!

“Entire world will witness the spiritual revolution of Vihangam Yoga in third generation” these words of Sadguru Sadafaldeo, proclaimed even before 1954 AD (when He discarded the mortal frame), confirm the great glory of the present Sadguru Swatantradeo Ji Maharaj.

The supreme authority of Sadguru that He is, has 20 divine, unique, unmatched powers viz. to connect to the Eternal Bliss by His divine grace, to appear before many disciples simultaneously and help them, etc.

Even after possessing this authority of zenith, He is the embodiment of simplicity, care and kindness. It is too rare a combination to be true for many!

The mankind is blessed today to have Him right here, right now, in our closest vicinity!