

## YOGAM IS MOST IMPORTANT SERVICE

Everybody wants health, peace of mind and enlightenment. Man is trying since a long time to achieve these goals. He could succeed to some extent by taking good balanced diet, by taking medicines from all branches like 'Allopathy, Ayurveda, Homeopathy and so on..' by performing some rituals and also by adopting some devotional methods. Since ages, so many wisdom founders and truth seekers did their penance (tapas) and spread out their experiences among the human society. All the prophets or pioneers of all Religions have concluded that deficiency or lack of mental energy is the root cause for ill health, mental agony and imbalanced existence in the society. They announced the remedy that increasing of mental energy by churning of one's own life force which is otherwise called Pranayamam or Yogam is the only remedy that can rectify the individual and society.

So teaching Yogam or Pranayamam becomes the best and stands the top most service among all the services which are being rendered to the society. But unfortunately so many unreliable, unscientific perverted processes have taken upper hand naming as Yoga. The ancient scientifically proven method of Pranayama is there with the great masters called Sadgurus. They always correlate their experiences with ancient scriptures like Bhagavad Geetha, Upanishads, Bible, Quran etc. That's why they were used to be respected by the kings and rulers since a long time.

His Holiness Sri Swami Ramananda Paramahansa, who is our master, is one of those Sadgurus. He did his penance (tapas) for several years in the caves, where snakes used to crawl around his body. He was named as "Pamula Swami" (Swami of snakes). He taught us this Pranayama and stood as an example for the great Prophets and Rishis of the ancient.

Our master used to say that "the process that which generates mental energy is Yogam. If you rub the palms outside you will get heat. This is physical heat. Similarly if you want to get mental energy, you churn your life force inside your body. All the impurities of the body and mind will

be burnt by generating heat inside thereby getting “Sound Mind in a Sound Body”. So to cure all the diseases both body and mind, Yogam (Pranayamam) is the only method amongst all other remedies. Our Sadguru attained Maha Samadhi in 1993. In continuation, we have cured so many diseases like Blood Pressure (Hypertension), Diabetes, Asthma, Paralysis, Heart Failures and so many Psychological problems by this Yogam. This type of service is the most reliable and permanent remedy and this service is selfless and charitable.

This type of cult is unique and rarely available in the society as in Y.S.S (Yogoda Satsang Society of India) in North India and as our Siddha Yogam in South India. This Yogam is very easy to practice and yields fruitful results immediately by improving health and mental well-being. The same Yogam was practiced by Lord Sri Krishna, Jesus Christ, Mohammad Nabi, Shiridi Sai Baba, Yogi Vemana, Potuluri Veera Brahmam, Adi Sankaracharya, Swami Sivananda Paramahamsa and our master Sri Swami Ramananda Paramahamsa. So it is our primary responsibility to establish the ancient reliable cult and condemn the other unwanted cults in the society.