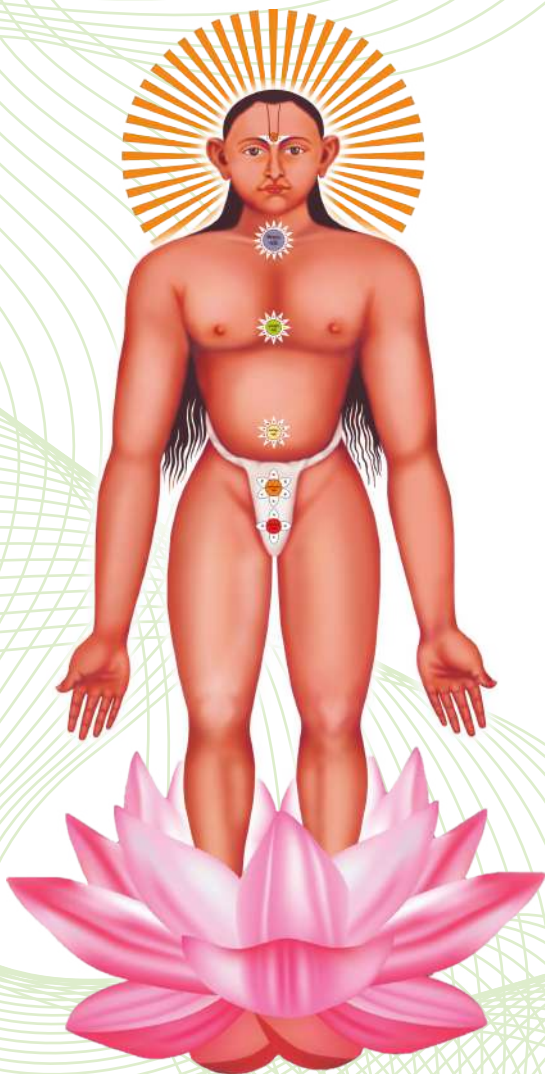


II SABKA MALIK AATMA II



AATMA (SOUL)
Meditation Means Art of Loving Soul.



AATMA MALIK
DHYAN YOG MISSION
AATMA MALIK DHYANPEETH
(AATMA MALIK MEDITATION UNIVERSITY)



Divine Dictum

The only Truth in this universe, according to Indian Philosophy, is The Aatma (Soul, Self, Universal Energy, Consciousness or God) That is the sole reality; everything else is perishable. Innumerable changes happen in nature, but "Aatma" always remains constant. It neither has a beginning, nor an end. It is immortal.

Aatma (Soul) existed before the concept of any other form of God. Contemplation and meditation on The Aatma, even for a moment, can lead us towards the experience that we and Aatma are the same : Self-realization. This is the same state we seek to achieve, by the practice of Yoga.

The Atma (Soul) is present in one and all and resides in our heart. The easiest and the most effective way to attain the state of Yoga is to meditate on the Aatma in our heart. Since Aatma is formless (without any physical properties), it is easier if we meditate on form, the most effective being that of The Sadguru : THE ONE who is constantly absorbed in Aatma. And constant meditation on His form in one's heart will surely lead to Self-realization.

The Aatma (Soul) is omnipotent, omnipresent and omniscient. It does not belong to any particular country, religion or cast. Every human being can attain God by means of worship and contemplation on Aatma : Jesus Christ, Prophet Mohammed, Shri Krishna, Guru Nanak, Lord Mahavir, Prophet Zarathustra, Lord Buddha and many other Saints throughout history, all attained Self-realization (becoming one with God) by constant meditation and contemplation on The Aatma.

II Aatma Malik II

Gurudeo Janglidas Maharaj : HIS philosophy in Meditative Spirituality.

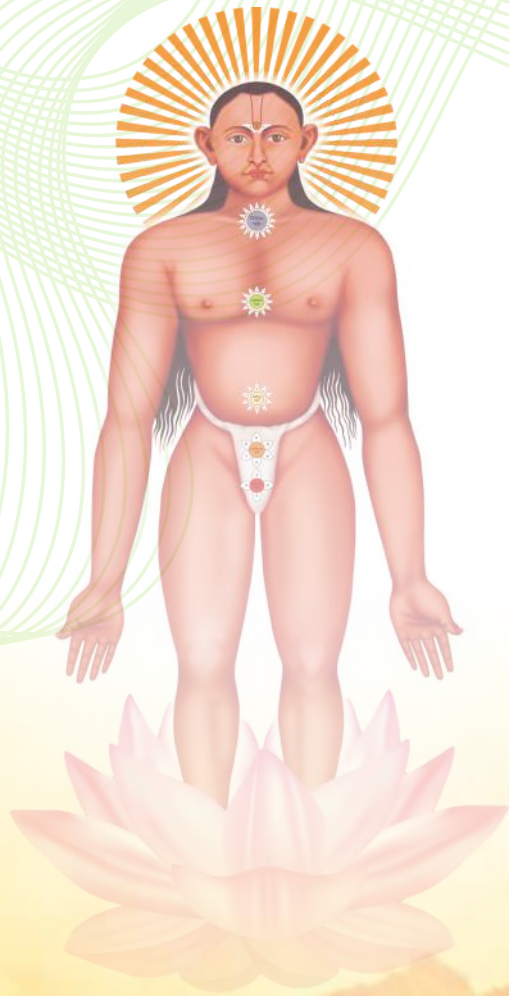
Gurudeo Janglidas Maharaj was first recognised for His penance at Yeola District, Nasik, where He spent 32 years in deep meditation under very severe conditions. During these 32 years, Gurudeo travelled on foot to Karnataka, Madhya Pradesh, A.P, U.P, Tamilnadu and many places in Maharashtra to spread the awareness of Divinity that resides in the deep reaches of our selves, AATMA in our heart.

There are records and memories from senior Sadhak of the ashram of many “padayatra” (pilgrimage on foot) where they accompanied Gurudeo dating back to 1970. Due to His dignified popularity and love from the masses, Meditation, penance, satsang have been going on for how many years prior to this, is anyone's guess.

No one has any authentic information of where Gurudeo came from or His birth and childhood.

It was not necessary as Gurudeo only taught about the permanency of the Aatma. The daily routine of intense meditation at Yeola included 21 hours of deep meditation. The state of Bliss and vibrancy of energy with which Gurudeo has been deeply connected is visible in the magnitude of His legacy and efforts today. His penance was supported with disciplined Yogasana, swimming and ritualistic bathing to enhance to “Tp” (penance) during those days. His diet only included rice soup, margosa (neem) leaves juice, black tea and water.





His love for the people only intensified his meditative penance. Babaji sat for Meditation in the energetic 'gufa' or cave on **ANKAI MOUNTAIN**, which is famed to be the place of intense meditation done by Rishi Agastya from the Pauranic pre Vedic era. Rishi Agastaya is famed to be the author of large number of shloka from the Rig Veda and is assigned to be the Master of Primordial Knowledge and Light. Here, Gurudeo intensified His penance for over eleven months with no food, only taking water.

It was Swami Muktanand who first saw in Gurudeo Janglidas Maharaj, the Divinity of the future and redeemed His penance with simple food and water. When Swami Muktanand asked Gurudeo Janglidas Maharaj what He wanted, Our divine, Enlightened Gurudeo asked for the Blessings to be able to feed every soul who comes to him and to show the path of Salvation to all.

Gurudeo found His own Guru, Divine Guide and teacher within 'Jangli Maharaj', one of the most revered Yogi's whose Samadhi (1890 – date of Samadhi) is in Pune. In His devotion, Gurudeo began to be recognised as Jangli-Das Maharaj (Daas or Servant of..)

This began the tremendous journey to take the masses towards Self Realization with love and awakening of the most powerful **AATMA**.

Following this, Gurudeo Janglidas Maharaj travelled to Karagda, Belgaum Dist., Karnataka, where the first followers of meditative Spirituality joined as His Sadhak family.

On Ankai Mountain, 'Shree Jape Baba' met Gurudeo and offered to donate his farm land to Gurudeo's mission. After the formalities were done and doubts of the local people satisfied, Gurudeo built a simple hut for his Sadhak and himself, with the sole purpose of bringing down and expanding the Universal Divinity, through awakening the Aatma in SELF realization, in the benefit of mankind.

Very soon, from a group of 7 Sadhak, people began to flock the humble Kuttir to listen to the soothing words of Gurudeo Janglidas Maharaj, who only professed that all possible solutions to any issue one may ask, lies in the strength of Self Aatma or Own Soul, and Meditation is the path to harness this divine **LIGHT**.

Gurudeo or Babaji, lead by example. He has always been the "teacher by example and demonstration" for the seeker. There was no reason to explain this Inward Journey, as it is entirely experiential. Each Sadhak with his own intensity of meditation, awakens the Inner Eye, the pure love energy of his own Soul / Aatma and as reward, has his own unique experiences as confirmation. In this special way, Babaji has attracted millions and is fondly called "SILENT YOGI" over the years.

Sadhak from the earliest group of followers of Gurudeo often talk about the impact of Babaji's Aatma meditation which has transformed their lives. The power of the Aatma has its impact on Body, Mind and Life. This divine energy which Gurudeo harnesses with such ease, has kept Babaji full of enthusiasm, empathy, Wisdom and love. His Aatma realization has proved Him as **"AGELESS BABA GURU"**.





Gurudeo meets and listens to everyone with a query and with His wisdom, has given directions towards self sufficiency and peace in body and mind. This has not changed over the years. Gurudeo always emphasised that attachment to materialistic things become a hindrance to spiritual depth.

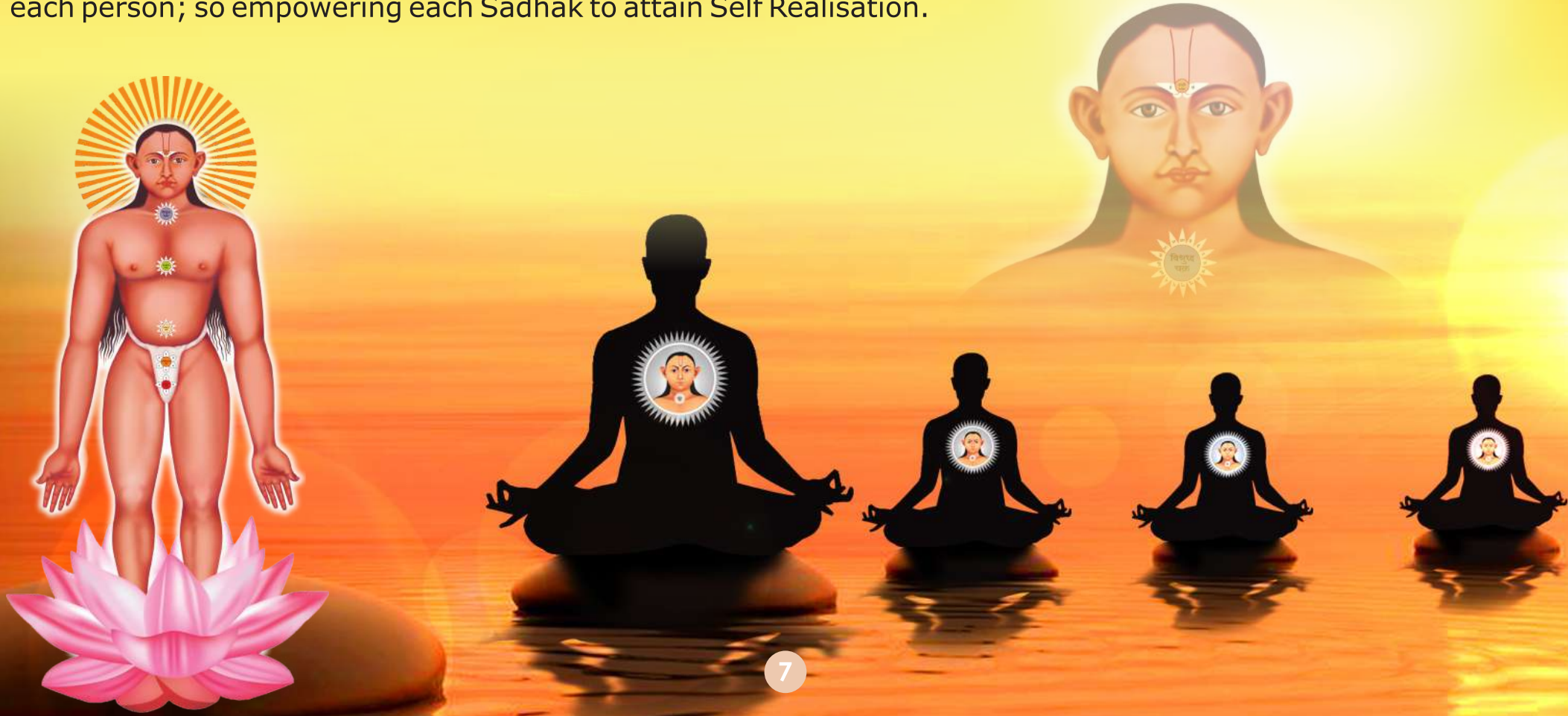
HE demonstrated the Power of Fasting. Fasting not only loosens the grip of possessions, greed, fear, anger and self-doubt; it is a path that will take the Sadhak, with a purified body and so a stable mind, to be able to dwell within the Powers of the ultimate reality, truth, Power and light of **OWN SOUL**.

Many penances need to be done to come in contact and develop faith for the Real True Self which is all Pure, all Love and all unchanging in its divinity. Gurudeo gave each person who came to Him the same equal status and urges all to follow the same divine path. Very well aware that for older people, adults, it is difficult and much effort needs to be put in faithfully to believe in the powers of the Soul which lies deep within the Being.

Gurudeo Janglidas Maharaj choose to start nurturing children under His guidance, to develop this deep connection with Aatma and faith in Themselves to be the all Pure, all Godly Soul that resides in each person's heart.

From 1987 onwards, Students from all walks of life came to study regular courses that will equip them with regular education, and in addition, under His guidance, develop that special connection with their SOUL, the AATMA.

Gurudeo recognised the need for each person to believe in himself and the power of meditation. In earlier days, the salutation of the mission was OM GURUDEO, meaning, to recognise the Master of (OM) Universal Consciousness with devotion to "The Master and Guru", here represented by Shri Jangli Maharaj. Gurudeo changed the Salutation to "Aatma Malik" which simply means, **Soul is the Master**, 'the Soul' which lies WITHIN each person; so empowering each Sadhak to attain Self Realisation.



In 2005, Gurudeo up-scaled the faith of all devotee in the Power of the Atama, (which resided within each Being), through Meditation, Anushthana, faith, in finding Divine Light within.

From a small school with 23 students in 1995, under the name of "Vishwatmak Jangli Maharaj Ashram Trust", today, in 2019, **AATMA MALIK DHYANPEETH** (Trust) looks after 15,000 students. These Educational Institutes are governed by "Aatma Malik Educational and Sports Complex" under the Trust. There are 6 schools and 1 college in Kokamthan alone, with 2 colleges and 14 schools, Many Ashrams in other locations, under the Trust. These include State Board School, Residential International curriculum school (12,500 students), NCERT board schools, Engineering colleges (with 400 students).



The Educational Institutes are in all the locations where an Ashram has been built and Sadhak stay for their meditative penances and practices.



Gradually, 9 main residential Ashrams under Aatma Malik Dhyaneeth have developed in Kokamtana (Nagar Dist), Yeola and Purangaon (Nasik dist.). Nasik, Wada and Shahapur (Thane Dist.), Nerla (Sangli Dist) of Maharashtra; Karadga (Belgaon Dist) Karnataka; Akhtaria (Bhavnagar Dist) Gujrat; where over 7 lakh devotees of **AATMA MALIK MISSION** take advantage of regular Satsang (Spiritual and learning meetings), Meditation Camps and regular functions which brings all devotees together to Meditate together, which is a very beautiful experience.

Gurudeo's devotion to Humankind is seen in His every action and simplicity that has not changed from the very beginning. He has simplified the "Path of Soul Realisation", as the ultimate goal of our lives. Gurudeo's efforts to make a revolution in Global peace is reflected in all His missions.



Today, the Ashram has grown to encompass numerous activities, places and people from around the world.

Most of the Pilgrimages, Satsang and Meditation camps are overseen and guided by senior Sadhak and Saints from the close circles of followers of Gurudeo. Together, they are looking after the numerous activities of the Aatma Malik Trust which includes:

1. Prasaad ghar
2. Medical hospital
3. Sadhak residence and Meditation Hall
4. Schools and Colleges
5. Pilgrimages to Char Dham, Nepal, Ganga Sagar, Jagganath Puri, Kanya Kumari, Kashi, Dwarka, Tirupati, Madurai, Amarnath and many more places in India.



6. Regularly Meditation Satsang are held in Kuala Lumpur, Rawang and Kelang in Malaysia, Warsaw, Olsztyn, Bialystok and Krakow in Poland, Australia, and other places.
7. Government initiated programs are held for the employees of Revenue Department and other Govt officials.

Various Projects undertaken by the Mission

1. Creation of Ashram for Meditation and Self Realisation: wherever a devout Sadhak comes forward to conduct Social meditation practices. Many new large Ashrams are being constructed in India and overseas (Poland, Malaysia).



2. Giving highest quality education to students. Our Institutions have encouraged children for excellence, which has culminated in following awards :

a) Sports: National Sports of Yoga, Volley Ball, Baseball, Kho-Kho, Kabbadi, Boxing, Fencing, Cricket, Wrestling.

b) Govt. of Maharashtra Tribal Department State and Division matches, where over 4000 students participated, coming from allover India to Maharashtra.

c) Student awards in different subjects on State and National Level in Volley Ball, Base Ball, Cricket, Athletics, Kabbadi, Wrestling.

d) Students of the Ashram have won the prestigious champion 'Kesari Award' for National level in wrestling. Vijay Chaudhari, a student of the Ashram has consecutively won this prestigious wrestling crown for three years.



3. Solar energy for 8000 students at Kokamthan, with four project in other Educational Institutes of the Ashram are underway.

4. Conducting Continuous Education Seminars for the Ayurvedic fraternity (CME) since 1995, reaching out to over 20 organisations and over 5000 Ayurvedic Doctors from around India.

5. Generating entrepreneur opportunities with 'Skill Development training' under different Government Schemes.

6. Gau-Shala projects with over 150 pure breed Indian Cows are being nurtured at Kokamthan, Wada, Shahapur in Maharashtra and Akhtaria in Gujrat.

7. Anna-Daan project which gives free meals to over 10,000 devotees and visitors on a daily basis at Kokamthan Ashram and few other Ashrams.



Various projects being planned for the near future

1. Solar Energy under renewable energy for all the Ashrams; including corridor, personal rooms and road lightening, night lamps, hot water, washing space hot water and battery backups.
2. Recycling of food waste, clothes waste and other items towards Nature Conservation.
3. Water management with recycling, reused in the farm and gardens.
4. Tree plantation with the aim of reviving natural, local foliage to protect the natural local Biodiversity. Self-sufficient vegetable gardens within Ashram premises.
5. Clean and Green initiatives with 100 percent student participation.
6. Natural plants as insect repellents, soft medicinal options in all Ashram.

7. Skill Development for all students in various fields to make them responsible earning citizens of the world.

8. Training and guidance under the Ashram directives towards 'Inner Dhyān', Meditation for Soul Realisation as per Gurudeo Maharaj's guidelines which can be taught to all Sadhak from around the World.



Aatma Malik



**Spiritual Event
Held at
Aatma Malik
Dhyanpeeth**



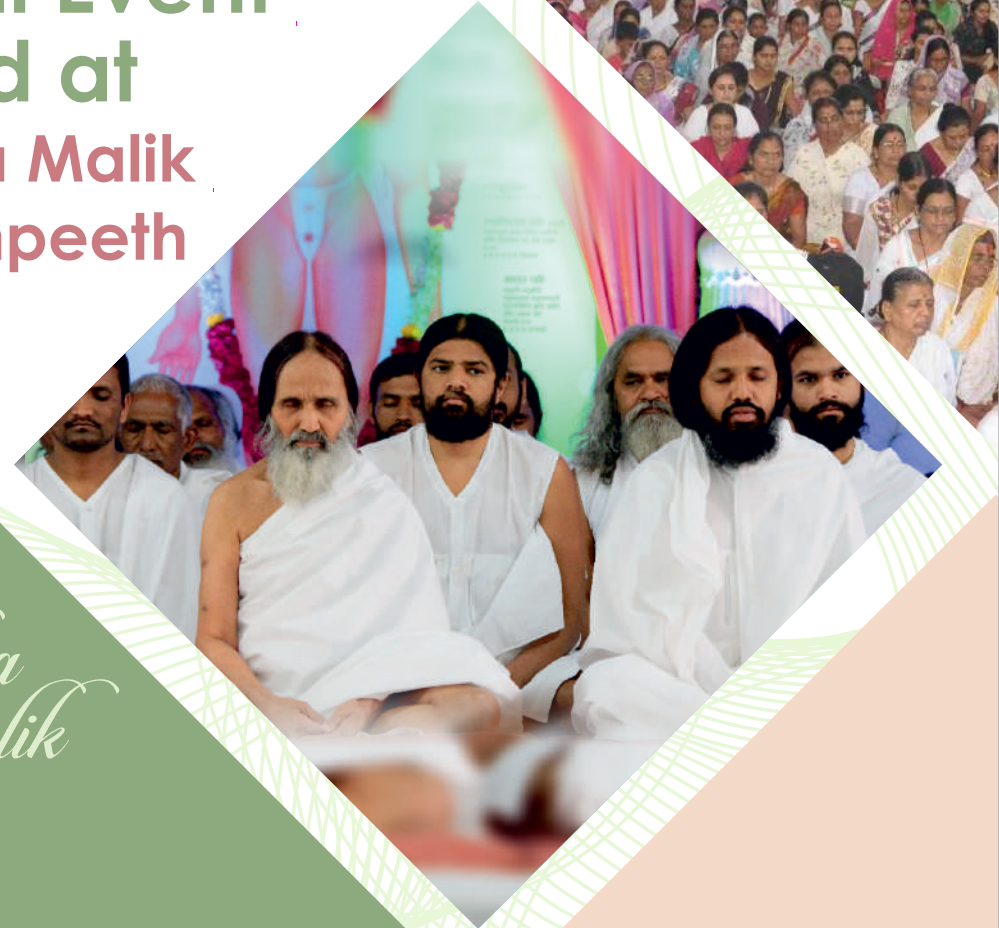
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**Spiritual Event
Held at
Aatma Malik
Dhyapeeth**



Aatma Malik



II DHYAN KARO II

II SABKA MALIK AATMA II

II DHYANI BANO II

SANT SHREE PARMANANDJI MAHARAJ

President

AATMA MALIK DHYAN YOG MISSION

Aatma Malik Dhyanpeeth

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English
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Hospital

Marathi
Medium
School

Prasadalay

Aatmaroop
Dhyan
Mandir

Sant
Niwas

Aatma Malik
Maufi Kutir

Bhakt
Niwas

**Aatma Malik
Dhyanpeeth**

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