

## **His Holiness Swami Paramananda**

### **Spiritual Master, Speaker and Writer**

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#### **1. About Swami Paramananda**

Swami Paramananda was born as Rajendra Prasad Dassruth in the Republic of Mauritius on 08<sup>th</sup> October 1959. His spiritual search started at a very young age and attained full enlightenment in his early twenties. The Sanskrit word '*Swami*' can be defined as follows, '*swa*' means the higher self or god in man and '*mi*' stands for the ego or lower self. A Swami therefore is someone who has after years of meditation transcended his lower self to attain to his divine nature. Normally, the title is conferred on enlightened beings who are masters of their own self.

The life mission of the Master consists of a 'Global Mind Transformation' for a New Earth and a New Humanity. He dedicates his life to help humanity towards inner transformation through a rise in the level of consciousness - the only way to establish lasting peace, love, unity and brotherhood in the world. He is the Spiritual Master or Guru to an increasing number of seekers and disciples mostly in Mauritius, Canada and United Kingdom where the SGAS-UK Charity has been set up to assist him in his mission. Through his teachings, he seeks to enlighten people on the science of meditation, spirituality, art of living and guide them towards the ultimate possibility of human life which is cosmic consciousness. He considers that all the social and global problems facing mankind can be best tackled with an increase in the level of consciousness of each human being, thus his endeavour to make each individual discover his own self first.

#### **2. Swami Paramananda - A Master, a scientist of the inner world and above all a friend**

Swami Paramananda is an accomplished meditation master, a living Buddha who has experienced Nirvikalpa Samadhi or Nirvana, which is the peak of spiritual attainment. His charismatic and enlightening presence is much solicited by people of all ages due to his great spiritual attainment and his ability to interpret complex spiritual truths in a simple and logical manner using a scientific approach. Coupled with that, his friendly attitude encourages people from all ages and walks of life to approach him. Each person who meets him will describe the master differently: some see him as a guide, some view him as a scientist or a philosopher, others as compassion in its purest state and for many he is a friend and a spiritual master who is guiding them towards cosmic consciousness.

### **3. Meditation sessions conducted at national and international level**

Swami Paramananda is an unequalled meditation master when it comes to guiding people of different backgrounds, temperaments, inclinations and levels of consciousness. He gives countless scientific meditation techniques – passive and dynamic, modern and traditional - as a single method cannot be equally effective for everybody and offers personal guidance to seekers to help them in their spiritual evolution. The meditation techniques act as the photo-electric effect on our unconsciousness and liberate the mind from our conditionings, suppressions, animal and human natures.

His down-to-earth, friendly, scientific and rational approach to meditation makes that the Master is solicited by various institutions. Regular meditation sessions have been conducted with university students, prisoners, educators, drug addicts, parents, employees of both civil services and private sector.

- Meditation sessions in Mauritius around the island (1988 - till date)
- Meditation sessions in Poland (2005)
- Meditation sessions in South Africa (2001)
- Meditation sessions in United States
- Meditation sessions in France (2004)
- Meditation sessions in the Montreal Canada (2007- till date)
- Meditation sessions in the United Kingdom (2003- till date). Below is a list of talks and sessions conducted during the past five years :-

<b>Sn</b>	<b>Events</b>	<b>Date</b>
1	Workshop on Rebirth Therapy	21 <sup>st</sup> May 2011
2	Talk in Uxbridge	15 <sup>th</sup> September 2010
3	Talk on 'From Sex to Super Consciousness' at NCVO, Central London	21 <sup>st</sup> August 2010
4	Talk on 'From Sex to Super Consciousness' at Rembrant Hotel	20 <sup>th</sup> August 2010
5	5 meditation sessions at King Cross	February and March 2010
6	10 meditation sessions called 'Spiritual Journey' at Christ Church in Uxbridge	February and March 2010
7	Meditation workshop at Iver Heath, West London	20th July 2008
8	Retreat in Somerset	15th till 17th August 2008
9	Meditation sessions at Alexandra Palace, North London	18th August 2008
10	Meditation sessions at Harrow, West London	19th August 2008
11	Meditation sessions at Iver Heath, West London	20th August 2008
12	Meditation workshop at Iver Heath Village Hall	27th and 28th October 2007

Among his various meditation techniques, we have the Rebirth Therapy which is being internationally acclaimed.

### **3.1 Dynamic meditation: Rebirth Therapy**

Our hectic and stressful lifestyle does not allow many of us to adopt the traditional meditation techniques which require hours of practice. Hence, the Spiritual Master has conceived a dynamic method of meditation known as the Rebirth Therapy, which is a highly effective and powerful dynamic technique recommended for this era. It is a meditation technique par excellence for the transformation of our negative emotions, since people of all walks of life experience emotional and mental suppressions and want to feel better quickly. Swami Paramananda has initiated people in Mauritius, United Kingdom and Canada (Montreal), into the Rebirth Therapy. All of the sessions have been warmly welcomed by participants:

- Mass Meditation (Rebirth Therapy) in Mauritius in April 2008 (+4500 participants)

- Mass Meditation (Rebirth therapy) in Mauritius in November 2008 (+1500 participants)
- Mass Meditation (Rebirth therapy) at the Palais du Congres, Montreal, Canada in September 2011 (+600 participants)
- Mass Meditation (Rebirth therapy) in the United Kingdom (+100 participants)

### **3.2 Spiritual Retreats in Mauritius, UK, Canada, France**

- Several spiritual retreats were held in Mauritius during the past five years.
- Spiritual retreat with theme ‘The Path of Love’ on 21<sup>st</sup> to 25<sup>th</sup> August 2010 in the United Kingdom.
- Residential Spiritual Retreat in May 2011 in Montreal, Canada.
- Residential Spiritual Retreat at Espace Solara, France.

### **3.3 Sensitisation talk with parents, youngsters, married couples, bachelors, spinsters**

Sensitisation talks on Self Education about the various aspects of life were held with different groups of people.

### **3.4 Mauritian Prisons (2008 – 2011)**

Swami Paramananda has even extended his reach into the prisons of Mauritius and brought the science of meditation to many of the inmates who have experienced great transformation.

## **4. Media**

Moreover, in the context of his life mission of Global Mind Transformation, Swami Paramananda has delivered talks on radio and television channels and articles of the Spiritual Master are also published in the local newspapers.

### **4.1 Talks conducted on the following radio and television channels**

1. Radio Ici & Maintenant (France)
2. British Broadcasting Corporation (United Kingdom)
3. Live radio interview at Gillingham, Kent on 2<sup>nd</sup> October 2007 (United Kingdom)

4. Video interview with Mark Windows and Independent films on 25th October 2007 (United Kingdom)
5. Mauritius Broadcasting Corporation (Republic of Mauritius)
6. Top FM (Republic of Mauritius)
7. Radio ONE (Republic of Mauritius)
8. Radio Plus (Republic of Mauritius)

## **5. Writings**

As part of his activities, the Spiritual Master is also a prolific Mauritian writer who has authored 24 books during the past 15 years and several others which are awaiting publication. He has also been publishing the bi-annual 'Know Thyself' magazine and writes inspiring articles in local papers. His books have been very successful and some of them had to be reprinted more than once. Two of his very successful books 'Man, God and the Universe' and 'Sex, Breaking the Taboo' have been translated into French and published in France by Editions ALTESS for the French-speaking market.

### **5.1 Books authored by Swami Paramananda**

1. Theists and Atheists: both are blind (2013)
2. Meditation Techniques for Inner Transformation (2012)
3. Wisdom from Symbols (2011)
4. From the Vedas (2010)
5. Self-Education – the major breakthrough (2009)
6. Profound Spiritual Truth behind the Durga Puja (2008)
7. Truth (2008)
8. Understanding Marriage (2007)
9. Spirituality and Secrets behind Hindu Religious Festivals (2006)
10. Pearls of Wisdom (2006)
11. The Spiritual Aspects of Maha Shivaratri (2006)
12. Expectant Mothers (2005)
13. Hinduism: Philosophy or Mysticism? (2005)
14. Spiritual Experiences (2004)

15. Four Steps to Health and Enlightenment (2004) – French version “ Quatre Etapes vers la Santé et le Nirvana
16. Guru: a Friend, a Guide and a Door (2003)
17. Prayer – A Profound Spiritual Approach (2003)
18. Human Beings: Behaviour and Evolution (2002)
19. Solah Samskaras (2002)
20. Buddha – His Scientific Approach to Life and the Nirvana (2001)
21. Sex – Breaking the Taboo (2001) (French version: *La Sexualite: comment briser le tabou et vivre l’amour divin*)
22. Wisdom of the Ancients (2000)
23. Man, God and the Universe (French version: *L’Homme, Dieu et l’Univers*) (1999)
24. Hidden Teachings in the Bible (1998)

## **5.2 Know Thyself Magazines written and published by Swami Paramananda**

- 5 editions in A4 format between 1994-1995
- 29 editions in A3 format between 1996-2011

## **6. Conferences**

Swami Paramananda is a speaker in international conferences in the context of his life mission of Global Mind Transformation and to share his experience, teachings and lofty wisdom. He has participated in conferences organised in South Africa, India, Thailand, France, United Kingdom, Canada and United States and has also submitted papers as listed below.

### **6.1 Participated in the conferences below:**

- PARAMANANDA, S., 2011. Rebirth Therapy: A Technique for the Development of Cognitive and Affective Coping Strategies in Students. Eighteenth International Conference on Learning, 5-8 July 2011 Mauritius.
- PARAMANANDA, S., 2011. Mystics are beyond Religions. International Conference, Mysticism without Bounds, 5-8 January 2011 Bangalore, Karnataka, India

- PARAMANANDA, S., 2007. Spirituality and Good Governance. 1st International Conference on Integrating Spirituality and Organisational Leadership, 8-10 February 2007, India

## **6.2 Publications**

The participation in the above mentioned conferences culminated in the publications below:

- PARAMANANDA, S., 2011. Mystics are beyond Religions. *Tattva Journal of Philosophy*, Vol. 3, No. 1, pp81-90
- PARAMANANDA, S., 2008. Peace is the only Pathway to sanity. *Commemorative Journal Magazine of the Mauritian Writers Association*, pp 25-29
- PARAMANANDA, S., 2007. Spirituality and Good Governance. *In: S.S. Singh and D. Fail, ed, "Integrating Spirituality and Organizational Leadership": Delhi. Macmillan Advanced Research Series, pp. 623-634.*
- PARAMANANDA, S., 2007. Education in Human Values. *M.P Sharma Jugdambi State Secondary School Magazine*, pp 84