



Enlightened Himalayan Saint
Shree Shivkrupanand Swamiji

GLOBAL ACKNOWLEDGEMENTS & MILESTONES



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WHAT IS HIMALAYAN SAMARPAN MEDITATION?

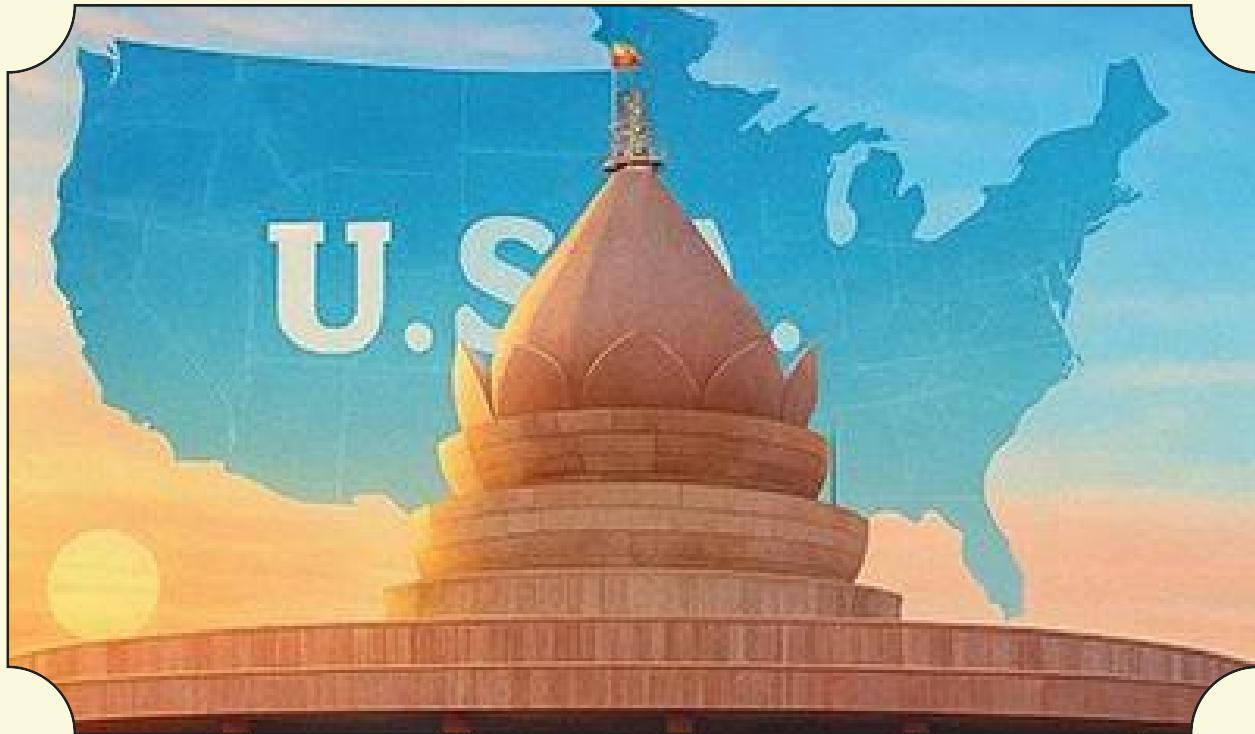
- A **unique, effortless meditation practice** rooted in the ancient Himalayan tradition.
- Focuses on **connecting with the inner self** & achieving mental peace and spiritual growth.
- **No rituals, no complex techniques** – simply sit & allow the process to happen naturally.
- Helps in **stress reduction, emotional balance, & overall well-being**.
- Promotes **universal harmony & self-realization** through inner silence.
- Accessible to **people of all ages, backgrounds, & beliefs**.
- Supported by **global meditation centers** & practiced worldwide.
- Founded under the guidance of **Himalayan Masters**, preserving authentic spiritual wisdom.
- Encourages **daily practice for transformation & inner stability**.
- Aimed at **creating a peaceful, conscious society** through individual awakening.





**Presence in over 72 countries with 15k+ meditation centers
Established “Places of Meditation” in 17 places of the world**

- Shree Shivkrupanand Swami Foundation of America, USA
- Shree Shivkrupanand Swami Trust, UK
- La Foundation Shree Shivkrupanand Swami, Canada
- Samarpan Meditation Deutschland Stiftung, Germany
- Shree Shivkrupanand Swami Foundation, Singapore
- Samarpan Meditation Yoga Center, Dubai, UAE
- Africa Samarpan Foundation, South Africa
- Malaysian Association of Samarpan Meditation
- Samarpan Meditation Australia Inc.
- Samarpan Trust, Nepal
- Shree Shivkrupanand Swami Ashram Trust, India
- Yoga Prabha Bharati (Seva Sanstha) Trust, India
- Shree Shivkrupanand Swami Foundation, India



HIMALAYAN SAMARPAN MEDITATION USA

- Shree Shivkrupanand Swami Foundation of the America (SSSFA), doing business as Himalayan Samarpant Meditation USA (HSMUSA), is a **charitable nonprofit**
- We run **free meditation centers in over 25 states**
- We offer **free daily online meditation sessions**
- We run **free children development classes**
- Over 300 people from all walks of life participate in our **Annual Spiritual Retreat**
- We **collaborate with multiple organizations** to promote meditation and its benefits to the public of USA
- We are **committed to establishing a universal spiritual sanctuary in the United States**, featuring the “Place of Meditation” and “GuruShaktiDham”, the abode of Universal Consciousness

VISION

To create a world where **inner peace and self-realization** unite humanity. Through Himalayan Samarpan Meditation and educational initiatives, we aspire to nurture mental, physical, and spiritual well-being for all, guided by the principle of ***Vasudhaiva Kutumbakam***, means “**The world is one family**”.

Our commitment is to instill the values of unity and love in future generations, fostering a global community rooted in spiritual awareness and shared humanity.

MISSION

Shree Shivkrupanand Swami Foundation of the America (SSSFA), doing business as Himalayan Samarpan Meditation USA (HSMUSA), is a **501(c)(3) nonprofit** dedicated to fostering inner peace, self-realization, and collective well-being through the practice and teaching of Himalayan Samarpan Meditation. Rooted in the timeless Himalayan wisdom shared freely by Enlightened Living Saint H.H. Shree Shivkrupanand Swami, this simple yet profound meditation connects individuals with their true self and Universal Consciousness. **Open to all regardless of religion, race, nationality, gender, or age, our nationwide programs and community meditation centers are offered as a charitable and educational service to promote mental, physical, and spiritual health.**

As part of this mission, we are **establishing a universal spiritual sanctuary in the United States, featuring the Place of Meditation and *GuruShaktiDham*, the abode of the Universal Consciousness**, to provide a sacred space for healing, learning, and self-realization **for generations to come**.

Visit us @
HSMUSAmeditates.org

Find us on Social Media
@HSMUSAmeditates

Write to us at:
info@HSMUSAmeditates.org

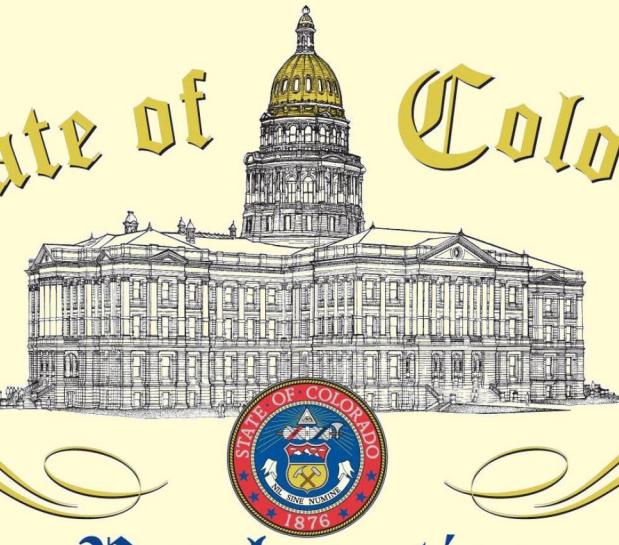
Contact us at:
984.895.4219



GLOBAL RECOGNITIONS



USA PROCLAMATIONS & APPRECIATIONS



State of Colorado

Proclamation

WHEREAS, meditation is a universally recognized practice that promotes mental well-being, reduces stress, and enhances emotional and physical health, aligning with Colorado's commitment to fostering the health and well-being of its residents; and

WHEREAS, the practice of Himalayan Samarpān Meditation has inspired individuals around the world to embark on a journey of self-discovery, inner peace, and personal growth; and

WHEREAS, November 8th is widely observed as a time of reflection, gratitude, and spiritual renewal, celebrated by individuals who embrace meditation practices aimed at cultivating mindfulness and mental clarity; and

WHEREAS, community-based meditation sessions, workshops, and events provide accessible avenues for residents of Colorado to experience the transformative power of meditation, fostering unity, harmony, and self-awareness; and

WHEREAS, the themes of meditation, mindfulness, and self-care align with Colorado's goals of promoting public health and holistic wellness;

THEREFORE, I, Jared Polis, Governor of the State of Colorado, do hereby proclaim the period of time between November 4 and November 10, 2024, as

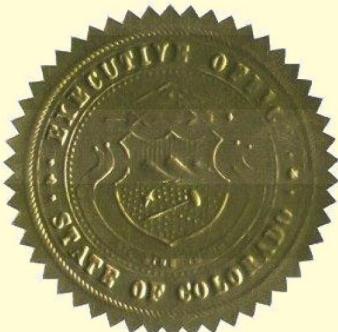
HIMALAYAN SAMARPAN MEDITATION WEEK

in the State of Colorado.

GIVEN under my hand and the Executive Seal of the State of Colorado, this fourth day of November, 2024



Jared Polis
Governor



The Commonwealth of Massachusetts



Samarpan Meditation USA

ON BEHALF OF THE RESIDENTS OF THE COMMONWEALTH OF MASSACHUSETTS,
I AM PLEASED TO CONFER UPON YOUR ORGANIZATION THIS GOVERNOR'S CITATION IN RECOGNITION OF ITS
ONGOING EFFORTS TO PROVIDE FREE MEDITATION WORKSHOPS, COMMUNITY GATHERINGS, AND SESSIONS TO
FOSTER MINDFULNESS, PEACE, AND HARMONY. WE COMMEND THE WORK OF SHREE SHIVKRUPANAND SWAMI AND
HIS PRACTICE OF HIMALAYAN SAMARPAN MEDITATION TO EMPHASIZE THE IMPORTANCE OF CONNECTING WITH
ONE'S INNER SELF.

THIS EIGHTH DAY OF NOVEMBER IN THE YEAR 2024

The signature of Maura T. Healey is written in blue ink. It is a cursive script that reads "M. T. Healey". Below the signature, the text "MAURA T. HEALEY" is printed in a serif font, followed by "Governor" in a smaller, italicized font.
MAURA T. HEALEY
Governor

The signature of Kimberley Driscoll is written in blue ink. It is a cursive script that reads "Kimberley Driscoll". Below the signature, the text "KIMBERLEY DRISCOLL" is printed in a serif font, followed by "Lieutenant Governor" in a smaller, italicized font.
KIMBERLEY DRISCOLL
Lieutenant Governor



STATE OF NEW JERSEY
OFFICE OF THE GOVERNOR
P.O. BOX 001
TRENTON
08825
(609) 292-6000

PHILIP D. MURPHY
GOVERNOR

October 8, 2024

Dear Friends,

On behalf of the State of New Jersey, I am honored to welcome everyone in attendance as you celebrate Himalayan Samarpan Meditation Day.

Himalayan Samarpan Meditation Practice founded by Shree Shivkrupanand Swami emphasizes inner peace, personal growth, and spiritual awakening through meditation. The practice has actively engaged in organizing free meditation sessions, workshops, and community events around the world to educate and encourage individuals to embrace the transformative power of meditation. The practice also has a global presence, with centers and practitioners around the world, promoting a sense of unity and peace on a global scale.

Himalayan Samarpan Meditation's impact on the well-being of individuals and communities in the Garden State is commendable. Thank you for your continued efforts making the practice of meditation accessible to all individuals regardless of their background to foster a sense of unity, harmony, and self-awareness.

Best wishes for an enjoyable and memorable event!

My very best,

Philip D. Murphy
Governor



City of Austin

Certificate of Recognition

For the significant contributions made by Shree Shivkrupanand Swami and the Shree Shivkrupanand Swami Foundation of America (also known as Samarpan Meditation USA) in promoting mental well-being and mindfulness through free Himalayan meditation workshops for the Austin community.

Shree Shivkrupanand Swami and Samarpan Meditation USA

are deserving of public acclaim and recognition. This certificate is issued in acknowledgment of this significant achievement this 15th of October in the Year Two Thousand Twenty Four.

The City Council of Austin, Texas

Mayor Kirk Watson

Mayor Kirk Watson

Mayor Pro Tem Leslie Pool

Council Members Natasha Harper-Madison, Vanessa Fuentes, José Velásquez, José "Chito" Vela,
Ryan Alter, Mackenzie Kelly, Paige Ellis, Zohaib "Zo" Qadri, Alison Alter





Be it known that

Whereas,

The Shree Shivkrupanand Swami Foundation of America, also known as Samarpan Meditation USA, is a spiritual organization dedicated to promoting inner peace, personal growth, and spiritual awakening through the practice of Himalayan Samarpan Meditation; and

Whereas,

November 8th, celebrated as Chaitanya Mahotsav, marks the birthday of Shree Shivkrupanand Swami, whose teachings have inspired individuals worldwide to achieve inner peace, and personal well-being through meditation; and

Whereas,

The practice of Himalayan Samarpan Meditation has shown significant benefits in reducing stress, improving mental health, and fostering harmony and balance, aligning with the City of Austin's commitment to promoting health and well-being.

Now, Therefore,

*I, Kirk Watson, Mayor of the City of Austin, Texas,
do hereby proclaim*

November 8th, 2024

as

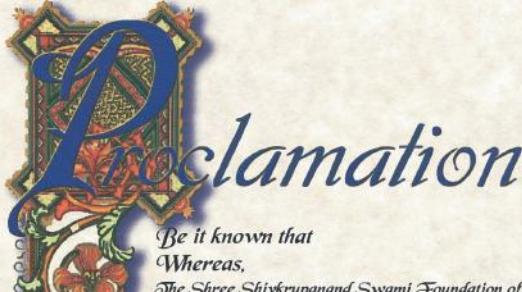
Himalayan Samarpan Meditation Day

in Austin.

*In witness whereof, I have hereunto
set my hand and caused the seal of the City
of Austin to be affixed this 8th Day of
November in the Year Two Thousand Twenty Four*

Kirk Watson

Kirk Watson, Mayor, City of Austin



Be it known that

Whereas,

The Shree Shivkrupanand Swami Foundation of America, also known as Samarpan Meditation USA, is a spiritual organization dedicated to promoting inner peace, personal growth, and spiritual awakening through the practice of Himalayan Samarpan Meditation, and November 8th, celebrated as Chaitanya Mahotsav, marks the birthday of Shree Shivkrupanand Swami; and

Whereas,

Himalayan Samarpan Meditation, known for reducing stress and improving mental health, aligns with Austin's commitment to promoting well-being; and

Whereas,

The week of November 4th to November 10th offers Austinites the opportunity to participate in free meditation workshops and community events, fostering mindfulness, peace, and harmony throughout the city.

Now, Therefore,

*I, Kirk Watson, Mayor of the City of Austin, Texas,
do hereby proclaim*

November 4-10, 2024

as

Himalayan Samarpan Meditation Week

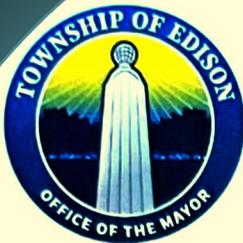
in Austin.

*In witness whereof, I have hereunto
set my hand and caused the seal of the City
of Austin to be affixed this 4th Day of
November in the Year Two Thousand Twenty Four*

Kirk Watson

Kirk Watson, Mayor, City of Austin





TOWNSHIP OF EDISON

MAYOR SAM JOSHI
MAYORJOSHI@EDISONNJ.GOV

100 MUNICIPAL BLVD
EDISON, NEW JERSEY 08817
PHONE: 732.248.7298
FAX: 732.287.6679

October 11, 2025

To the Members and Volunteers of Himalayan Samarpant Meditation USA,

On behalf of the Township of Edison, I am honored to extend our sincere appreciation to Himalayan Samarpant Meditation USA as you host the "Light the Path" Yoga and Meditation Retreat in honor of World Mental Health Day.

Founded by Shree Shivkrupanand Swami, Himalayan Samarpant Meditation is dedicated to promoting inner peace, personal growth, and spiritual awakening through the practice of meditation. Your mission of making meditation freely accessible to all continues to inspire individuals to embrace mindfulness, compassion, and balance in everyday life.

Edison recognizes and values your ongoing efforts to bring our community together, offering free sessions, workshops, and retreats that nurture emotional well-being, harmony, and unity among residents of all ages. Events like "Light the Path" reflect your deep commitment to holistic wellness and demonstrate how yoga and meditation can align, awaken, and arise the soul while promoting mental health awareness.

Held at Roosevelt Park, the retreat welcomed families, children, and seniors to experience Yogasana led by certified yoga masters, elemental meditation, aura and energy renewal, and mindfulness activities. Your inclusive approach and dedication to wellness have made a meaningful impact on the lives of individuals and families here in Edison.

With a global presence across many countries, Himalayan Samarpant Meditation fosters unity and peace on an international scale, while making a positive difference in our local community. Edison commends your dedication to maintaining a mindful, compassionate, and healthy society and looks forward to your continued contributions in promoting wellness and togetherness here in Edison and beyond.

With gratitude and appreciation,


Mayor Samip Joshi
Township of Edison

Proclamation



Office of the Mayor

WHEREAS, the Shree Shivkrupanand Swami Foundation of America, also known as Himalayan Samarpant Meditation USA, is a spiritual organization dedicated to promoting inner peace, personal growth, and spiritual awakening through the practice of Himalayan Samarpant meditation; and

WHEREAS, Himalayan Samarpant Meditation practice was founded by Shree Shivkrupanand Swami, who has dedicated his life to spreading the message of universal love, peace, and spiritual awakening through the practice of meditation; and

WHEREAS, November 8th, also celebrated as Chaitanya Mahotsav, marks the birthday of Shree Shivkrupanand Swami, a day celebrated by his followers around the world, including those in Edison, as a time of reflection, gratitude, and spiritual renewal; and

WHEREAS, Shree Shivkrupanand Swami's Himalayan Samarpant Meditation teachings emphasize the importance of connecting with one's inner self to achieve true harmony and balance in life, inspiring countless individuals worldwide to embark on a journey of self-discovery and inner peace; and

WHEREAS, the Shree Shivkrupanand Swami Foundation of America, also known as Himalayan Samarpant Meditation USA, aims to make the practice of meditation accessible to all individuals, regardless of their background, fostering a sense of unity, harmony, and self-awareness; and

WHEREAS, the practice of Himalayan Samarpant Meditation has shown significant benefits in reducing stress, improving mental health, and enhancing overall quality of life, which aligns with the commitment to promoting the health and well-being of the residents of Edison; and

WHEREAS, the Shree Shivkrupanand Swami Foundation of America, also known as Himalayan Samarpant Meditation USA, has established meditation centers in Edison, where individuals can engage in free meditation sessions, workshops, and community events to embrace the transformative power of meditation. Additionally, there are centers in Jersey City and other parts of USA that offer weekly meditation sessions.

NOW, THEREFORE, I, Sam Joshi, MAYOR OF EDISON, NEW JERSEY, do hereby proclaim the week of November 4th to November 10th, 2025 as

Himalayan Samarpant Meditation Week

in honor of the birthday of Shree Shivkrupanand Swami, celebrated as Chaitanya Mahotsav in Edison, across the USA and around the world, and to recognize his contributions to the spiritual and personal well-being of the residents of Edison.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of Edison to be affixed, this 11th day of October, in the year Two Thousand and Twenty-Five.

SAMIP JOSHI, MAYOR

Proclamation



Office of the Mayor

WHEREAS, the Shree Shivkrupanand Swami Foundation of America, also known as Himalayan Samarpant Meditation USA, is a spiritual organization dedicated to promoting inner peace, personal growth, and spiritual awakening through the practice of Himalayan Samarpant meditation; and

WHEREAS, Himalayan Samarpant Meditation practice was founded by Shree Shivkrupanand Swami, who has dedicated his life to spreading the message of universal love, peace, and spiritual awakening through the practice of meditation; and

WHEREAS, November 8th, also celebrated as Chaitanya Mahotsav, marks the birthday of Shree Shivkrupanand Swami, a day celebrated by his followers around the world, including those in Edison, as a time of reflection, gratitude, and spiritual renewal; and

WHEREAS, Shree Shivkrupanand Swami's Himalayan Samarpant Meditation teachings emphasize the importance of connecting with one's inner self to achieve true harmony and balance in life, inspiring countless individuals worldwide to embark on a journey of self-discovery and inner peace; and

WHEREAS, the Shree Shivkrupanand Swami Foundation of America, also known as Himalayan Samarpant Meditation USA, aims to make the practice of meditation accessible to all individuals, regardless of their background, fostering a sense of unity, harmony, and self-awareness; and

WHEREAS, the practice of Himalayan Samarpant Meditation has shown significant benefits in reducing stress, improving mental health, and enhancing overall quality of life, which aligns with the commitment to promoting the health and well-being of the residents of Edison; and

WHEREAS, the Shree Shivkrupanand Swami Foundation of America, also known as Himalayan Samarpant Meditation USA, has established meditation centers in Edison, where individuals can engage in free meditation sessions, workshops, and community events to embrace the transformative power of meditation. Additionally, there are centers in Jersey City and other parts of USA that offer weekly meditation sessions.

NOW, THEREFORE, I, Sam Joshi, MAYOR OF EDISON, NEW JERSEY, do hereby proclaim November 8th, 2025 as

Himalayan Samarpant Meditation Day

in honor of the birthday of Shree Shivkrupanand Swami, celebrated as Chaitanya Mahotsav in Edison, across the USA and around the world, and to recognize his contributions to the spiritual and personal well-being of the residents of Edison.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of Edison to be affixed, this 11th day of October, in the year Two Thousand and Twenty-Five.

SAMIP JOSHI, MAYOR



**SAN JOSE
MAYOR
MATT
MAHAN**

November 8, 2024

Shree Shivkrupanand Swami
The Shree Shivkrupanand Swami Foundation of America
6487 Spring Meadow Court
San Jose, CA 95135

Greetings from the San José City Council,

I am honored to recognize Shree Shivkrupanand Swami and the Shree Shivkrupanand Swami Foundation of America and the important work done by your organization. It is thanks to your dedication and teachings that there is a greater awareness among residents about the benefits of meditation.

I congratulate you as we celebrate Himalayan Samarpan Meditation Day and use meditation as a way to work towards finding inner peace, improved mental health, and overall increase in quality of life. The dedication shown by Shree Shivkrupanand Swami to bring about these changes to our community and the world is truly admirable. Through the encouragement of meditation, our residents can grow mentally and spiritually, and we can aim toward having a more peaceful City.

The City of San José truly appreciates the work done by Shree Shivkrupanand Swami and the Shree Shivkrupanand Swami Foundation of America and the contributions you have made to your practitioners and our community. On behalf of the San José City Council and myself, we extend our gratitude to the work of your association and its continued success.

Sincerely,

Matt Mahan
Mayor



CITY OF SAN JOSE
Proclamation

WHEREAS: The Shree Shivkrupanand Foundation of America is dedicated to promoting mental well-being and spiritual growth through meditation; and

WHEREAS: November 8th marks the birthday of Shree Shivkrupanand Swami who lived and meditated in the Himalayas and has been dedicating his life to teaching people how to improve their lives and grow spiritually through meditation through workshops, events, and free meditation sessions; and

WHEREAS: Shree Shivkrupanand Swami's teachings emphasize the importance of connecting with one's inner self in order to achieve inner peace and true harmony; and

WHEREAS: Himalayan Samarpan Meditation has been shown to have numerous benefits, including improved mental health, lower levels of stress, promoting overall health, and enhancing a person's quality of life;

NOW, THEREFORE, I, Matt Mahan, Mayor of the City of San José, on this 8th day of November 2024, do hereby recognize and proclaim

HIMALAYAN SAMARPAN MEDITATION DAY

and encourage all citizens to observe this day by engaging in meditation, reflection, and practices that foster peace within themselves, their communities, and the world at large.


Matt Mahan, Mayor



Attested by:


Toni Taber, City Clerk

CITY OF SAN JOSE
Proclamation

WHEREAS: It is vital to personal and communal well-being in a world of rapid change and complexity that residents take time to find inner peace, balance, and mental clarity; and

WHEREAS: The practice of meditation is rooted in ancient wisdom, and offers a means of reducing stress, enhancing mindfulness, and fostering compassion and self-awareness; and

WHEREAS: Himalayan Samarpan Meditation, founded by Shree Shivkrupanand Swami, provides individuals a path to cultivate harmony, compassion, and improve their overall health with its emphasis on deep connection to self, nature, and spiritual wisdom; and

WHEREAS: Dedicating a week to Himalayan Samarpan Meditation creates an opportunity for our residents to experience and explore the transformative benefits of this practice and to nurture a culture of peace and mindfulness within our community;

NOW, THEREFORE, I, Matt Mahan, Mayor of the City of San José, on this 8th day of November 2024, do hereby recognize and proclaim

HIMALAYAN SAMARPAN MEDITATION WEEK

and encourage all residents to participate in meditation, reflection, and mindful practices throughout this week to foster inner peace and strengthen our collective well-being.


Matt Mahan, Mayor



Attested by:


Toni Taber, City Clerk



STEVEN M. FULOP
MAYOR OF JERSEY CITY

CITY OF JERSEY CITY OFFICE OF THE MAYOR

CITY HALL | 280 GROVE STREET | JERSEY CITY, NJ 07302
P: 201 547 5500 | F: 201 547 5442

September 5, 2024

As Mayor of Jersey City, I would like to acknowledge and honor the significant contributions of Shree Shivkrupanand Swami and the Shree Shivkrupanand Swami Foundation of America (also known as Samarpan Meditation USA), a registered 501(c) (3) nonprofit organization with meditation centers in Jersey City and other parts of New Jersey.

Shree Shivkrupanand Swami is a revered spiritual leader whose teachings on Himalayan Samarpan meditation have inspired countless individuals to seek inner peace, personal growth, and spiritual awakening. His work has had a profound impact on the lives of many, fostering a life rooted in love, peace, and mindfulness.

The Shree Shivkrupanand Swami Foundation of America, also known as Samarpan Meditation USA, has been actively involved in organizing free meditation sessions, workshops, and community events in Jersey City, across New Jersey, and throughout the United States. In addition to these activities, the foundation has established meditation centers in Jersey City, providing a dedicated space for residents to practice and benefit from meditation. These initiatives have played a vital role in fostering a sense of unity, harmony, and well-being among participants, significantly contributing to the mental, emotional, and spiritual health of Jersey City's residents.

Chaitanya Mahotsav, celebrated on November 8 marks the birthday of Shree Shivkrupanand Swami and is a culturally significant day for his followers. It is a time for spiritual reflection, community gathering, and the celebration of universal values of love and peace. Recognizing the work of Shree Shivkrupanand Swami and the Shree Shivkrupanand Swami Foundation of America would honor their contributions while also highlighting the importance of meditation and spiritual growth in enhancing the lives of Jersey City's residents.

Thank you to Shree Shivkrupanand Swami, for his dedication and contributions to the community of Jersey City with spiritual reflection, community gathering and the celebration of universal values of love and peace.

Sincerely,

Steven Fulop
Mayor

OFFICE OF THE MAYOR
CITY OF JERSEY CITY
NEW JERSEY

STEVEN M. FULOP



MAYOR

Proclamation

"Himalayan Samarpan Meditation Day"

WHEREAS, the City of Jersey City is proud to recognize November 8, 2024 as "Samarpan Meditation Day"; and

WHEREAS, the **Shree Shivkrupanand Swami Foundation of America**, also known as **Samarpan Meditation USA**, is a spiritual organization dedicated to promoting inner peace, personal growth, and spiritual awakening through the practice of meditation; and

WHEREAS, **Samarpan Meditation** was founded by **Shree Shivkrupanand Swami**, who has dedicated his life to spreading the message of universal love, peace, and spiritual awakening through the practice of meditation; and

WHEREAS, November 8th, also celebrated as Chaitanya Mahotsav, marks the birthday of **Shree Shivkrupanand Swami**, a day celebrated by his followers around the world as a time of reflection, gratitude, and spiritual renewal; and

WHEREAS, **Shree Shivkrupanand Swami**'s teachings emphasize the importance of connecting with one's inner self to achieve true harmony and balance in life, inspiring countless individuals worldwide to embark on a journey of self-discovery and inner peace; and

WHEREAS, the practice of **Samarpan Meditation** has shown significant benefits in reducing stress, improving mental health, and enhancing overall quality of life, which aligns with the commitment to promoting the health and well-being of the residents of Jersey City; and

WHEREAS, the **Shree Shivkrupanand Swami Foundation of America**, also known as **Samarpan Meditation USA**, has actively engaged in organizing free meditation sessions, workshops, and community events in Jersey City to educate and encourage individuals to embrace the transformative power of meditation; and

WHEREAS, by proclaiming November 8th as "Samarpan Meditation Day," we acknowledge the positive impact of meditation on our community and encourage all individuals to explore and benefit from this practice

NOW, THEREFORE, BE IT RESOLVED THAT I, STEVEN M. FULOP, MAYOR of the City of Jersey City, do hereby proclaim November 8th as "Samarpan Meditation Day" in honor of the birthday of **Shree Shivkrupanand Swami** and the contributions of the **Shree Shivkrupanand Swami Foundation of America**, also known as **Samarpan Meditation USA**.

IN WITNESS WHEREOF, I have set my hand and the Seal of the Office of the Mayor on this 8th day of November in the Year of Our Lord, Two Thousand-Twenty Four

STEVEN M. FULOP
MAYOR

OFFICE OF THE MAYOR
CITY OF JERSEY CITY
NEW JERSEY

STEVEN M. FULOP



MAYOR

Proclamation

"Himalayan Samarpan Meditation Week"

WHEREAS, the City of Jersey City is proud to recognize November 4th to November 10th, 2024 as "Samarpan Meditation Week"; and

WHEREAS, the **Shree Shivkrupanand Swami Foundation of America**, also known as **Samarpan Meditation USA**, is a spiritual organization dedicated to promoting inner peace, personal growth, and spiritual awakening through the practice of meditation; and

WHEREAS, **Samarpan Meditation** was founded by **Shree Shivkrupanand Swami**, who has dedicated his life to spreading the message of universal love, peace, and spiritual awakening through the practice of meditation; and

WHEREAS, November 8th, also celebrated as Chaitanya Mahotsav, marks the birthday of **Shree Shivkrupanand Swami**, a day celebrated by his followers around the world as a time of reflection, gratitude, and spiritual renewal; and

WHEREAS, **Shree Shivkrupanand Swami**'s teachings emphasize the importance of connecting with one's inner self to achieve true harmony and balance in life, inspiring countless individuals worldwide to embark on a journey of self-discovery and inner peace; and

WHEREAS, the **Shree Shivkrupanand Swami Foundation of America**, also known as **Samarpan Meditation USA**, aims to make the practice of meditation accessible to all individuals regardless of their background, fostering a sense of unity, harmony and self-awareness; and

WHEREAS, the practice of **Himalayan Samarpan Meditation** has shown significant benefits in reducing stress, improving mental health, and enhancing overall quality of life, which aligns with the commitment to promoting the health and well-being of the residents of Jersey City; and

WHEREAS, the **Shree Shivkrupanand Swami Foundation of America**, also known as **Samarpan Meditation USA**, has actively engaged in organizing free meditation sessions, workshops, and community events in Jersey City to educate and encourage individuals to embrace the transformative power of meditation; and

NOW, THEREFORE, BE IT RESOLVED THAT I, STEVEN M. FULOP, MAYOR of the City of Jersey City, do hereby proclaim the week of November 4th to November 10th as "Himalayan Meditation Week" in honor of the birthday of **Shree Shivkrupanand Swami** and Chaitanya Mahotsav across the USA and around the world, and to recognize his contributions to the spiritual and personal well-being of Jersey City's residents.

IN WITNESS WHEREOF, I have set my hand and the Seal of the Office of the Mayor on this 8th day of November in the Year of Our Lord, Two Thousand-Twenty Four

STEVEN M. FULOP
MAYOR



Office of the Mayor Proclamation

WHEREAS, Samarpan Meditation is a spiritual practice dedicated to promoting inner peace, personal growth, and spiritual awakening through the simple act of meditation; and

WHEREAS, Samarpan Meditation was founded by Shree Shivkrupanand Swami, who has dedicated his life to spreading the message of universal love, peace, and spiritual awakening through the practice of meditation; and

WHEREAS, November 8th, also celebrated as Chaitanya Mahotsav, marks the birthday of Shree Shivkrupanand Swami, a day celebrated by his followers around the world as a time of reflection, gratitude, and spiritual renewal; and

WHEREAS, Shree Shivkrupanand Swami's teachings emphasize the importance of connecting with one's inner self to achieve true harmony and balance in life, inspiring countless individuals worldwide to embark on a journey of self-discovery and inner peace; and

WHEREAS, Samarpan Meditation aims to make the practice of meditation accessible to all individuals regardless of their background, fostering a sense of unity, harmony, and self-awareness; and

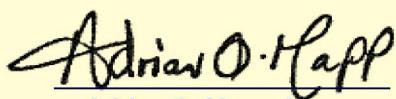
WHEREAS, the practice of Samarpan Meditation has shown significant benefits in reducing stress, improving mental health, and enhancing overall quality of life, which aligns with the commitment to promoting the health and well-being of the residents of Plainfield; and

WHEREAS, Samarpan Meditation has actively engaged in organizing free meditation sessions, workshops, and community events around the world, including in Plainfield, to educate and encourage individuals to embrace the transformative power of meditation; and

WHEREAS, Samarpan Meditation has a global presence, with centers and practitioners around the world, including in New Jersey, promoting a sense of unity and peace on a global scale; and

WHEREAS, by proclaiming November 8th as "Samarpan Meditation Day," we acknowledge the positive impact of meditation on our community and encourage all individuals to explore and benefit from this practice;

NOW, THEREFORE, the Mayor of the City of Plainfield, does hereby proclaim November 8th as "Samarpan Meditation Day" in honor of the birthday of Shree Shivkrupanand Swami.



Adrian O. Mapp
Adrian O. Mapp, Mayor

Permanent Mission of India to the United Nations, New York

Parvathaneni Harish
Ambassador/PR



संयुक्त राष्ट्र स्थित मारत का स्थायी मिशन

न्यूयॉर्क

PERMANENT MISSION OF INDIA TO THE UNITED NATIONS
NEW YORK

19 December 2024

MESSAGE

The United Nations General Assembly on 6 December 2024 has unanimously adopted a resolution declaring **21 December as World Meditation Day**. I am very happy to learn that the **Shree Shivkrupanand Swami Foundation** is marking the first World Meditation Day on 21 December 2024. The global discourse and meditation session planned to be held under the guidance of Shree Shivkrupanand Swamiji is most appropriate, timely and much appreciated.

We live in a world of conflicts, uncertainty and rapidly evolving technologies that are constantly reshaping our engagement with the world. As a result, heightened anxiety and mental health issues are common, making strife and stress constant companions of our lives.

The ancient Indian practice of Dhyana, or meditation, that goes back thousands of years to Yogic traditions and Buddhist practices, holds the key to attain inner calm, and bring about harmony between mind and body, thought and action, humanity and the external environment. Modern science attests to the numerous benefits of meditation and its profound impact on our lives.

Therefore, the Foundation's effort to spread the transformative practices of meditation is commendable. It can especially guide the youth to draw inspiration from traditional Indian wisdom for achieving personal growth and fulfillment. I wish all success for the upcoming event to celebrate the first World Meditation Day.

(Parvathaneni Harish)

**H. H. Shree Shivkrupanand Swamiji,
Shree Shivkrupanand Swami Foundation**

OVERSEAS APPRECIATIONS

UK House of Lords Member of Parliament Camp



United Nations Headquarters Vienna Camp

~ Certificate ~

HONORING

Shree Shivkrupanand Swami

Founder of Himalayan Samarpan Meditation
and Samarpan Centre Europe

for his

Talk and Meditation Session

at

UNITED NATIONS HEADQUARTERS VIENNA

on

* June 12, 2025 *

We deeply admire Swamiji's lifelong, selfless mission of spreading the knowledge of meditation freely around the world – transcending barriers of nationality, religion, or gender.

His teachings on achieving inner peace resonate profoundly
with the values of the United Nations.



Richa Singh
TANWAR

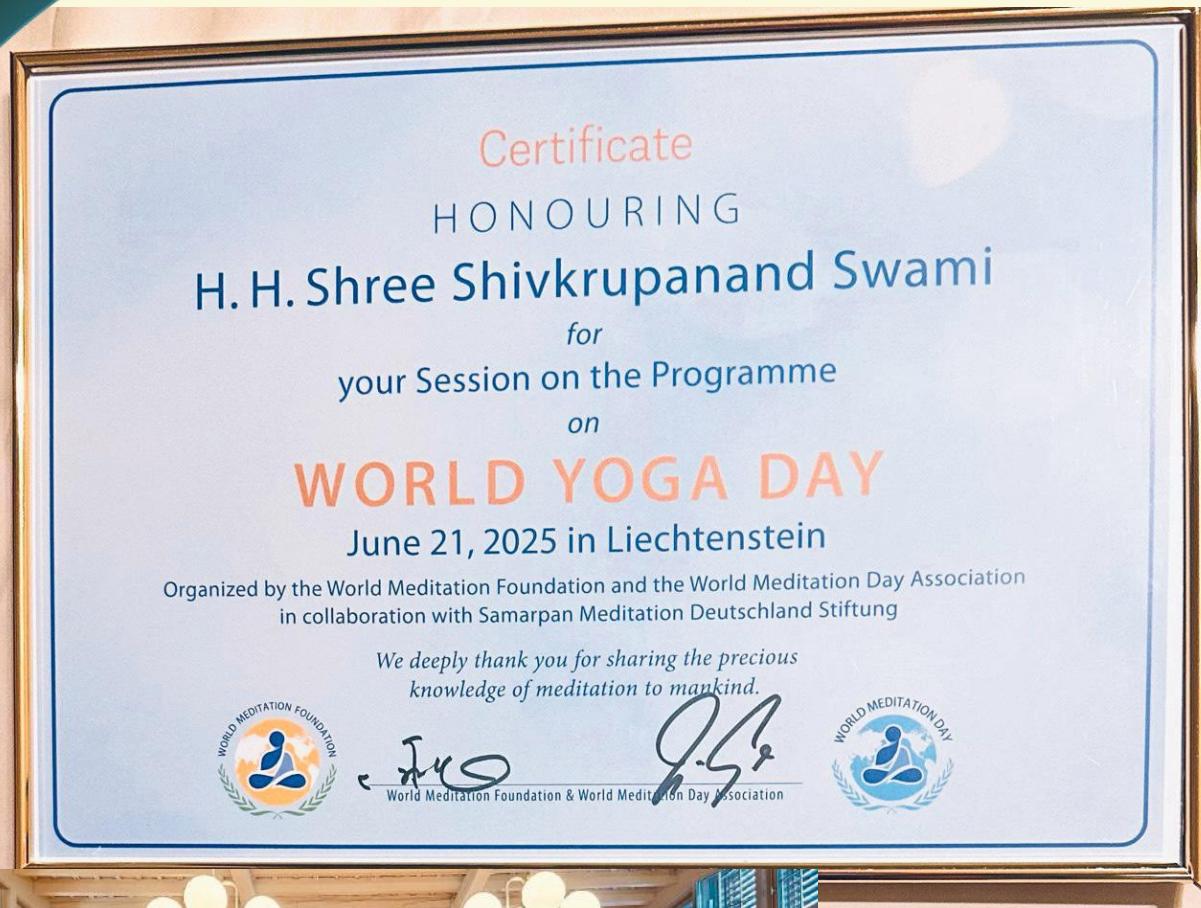
Digital signature by Richa
Singh TANWAR
Date: 2021-06-18 12:08:01
ID: 1000

Richa Tanwar, President of VIC Indian Club

1/1



Yoga Day 2025 Camp World Meditation Foundation



Singapore: 'Social Innovation Park' & 'Unicorn for Good'

CERTIFICATE

OF APPRECIATION

This certificate is awarded to

His Holiness Shree Shivkrupanand Swami

For his Spiritual Teaching and guided meditation, to promote inner peace and well-being.



SOCIAL INNOVATION PARK
UNICORNS FOR GOOD



German Member of Parliament Camp



Felix Döring
Mitglied des Deutschen Bundestages

Berlin, 19.07.2024

Berliner Büro
Platz der Republik 1
11011 Berlin
Telefon: +49 30 227-78610
Fax: +49 30 227-2378610
felix.doering@bundestag.de
www.felix-doering.de

Meditation program by Shree Shivkrupanand Swami

Dear Sir or Madam,

On June 10th 2024, Shree Shivkrupanand Swami conducted a meditation program for Members of the German Parliament at Paul-Löbe House, Berlin. It was my pleasure to receive the opportunity to learn more about meditation practices and their benefits for everyday life.

I would very much like to thank Shree Shivkrupanand Swami for sharing his knowledge with me and the other participants.

With the best wishes for Shree Shivkrupanand Swami.

Yours sincerely,

Felix Döring
Member of the German Parliament



Meditation session for the Prime Minister of Sri Lanka



ශ්‍රී ලංකා අභ්‍යාවතක
ඇවන්තෙයිල් මිරතම අමැම්සර්
Prime Minister of Sri Lanka

25th January 2017

His Holiness Shivkrupandand Swami

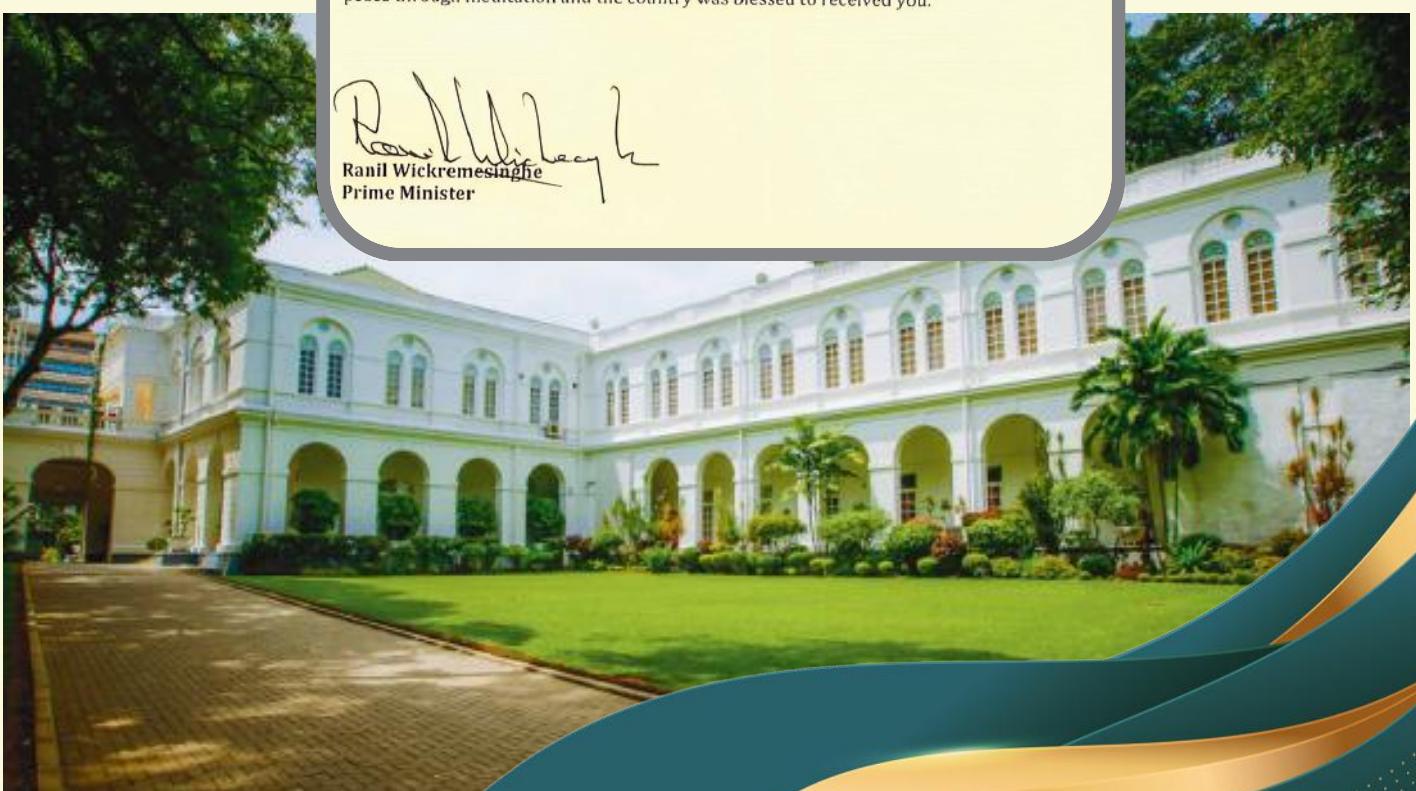
I am happy to note your divine presence in Sri Lanka after several years.

Your journey through Sri Lanka brought an important message of humanity and peace, and showed our people the simple method of Samarpan Meditation.

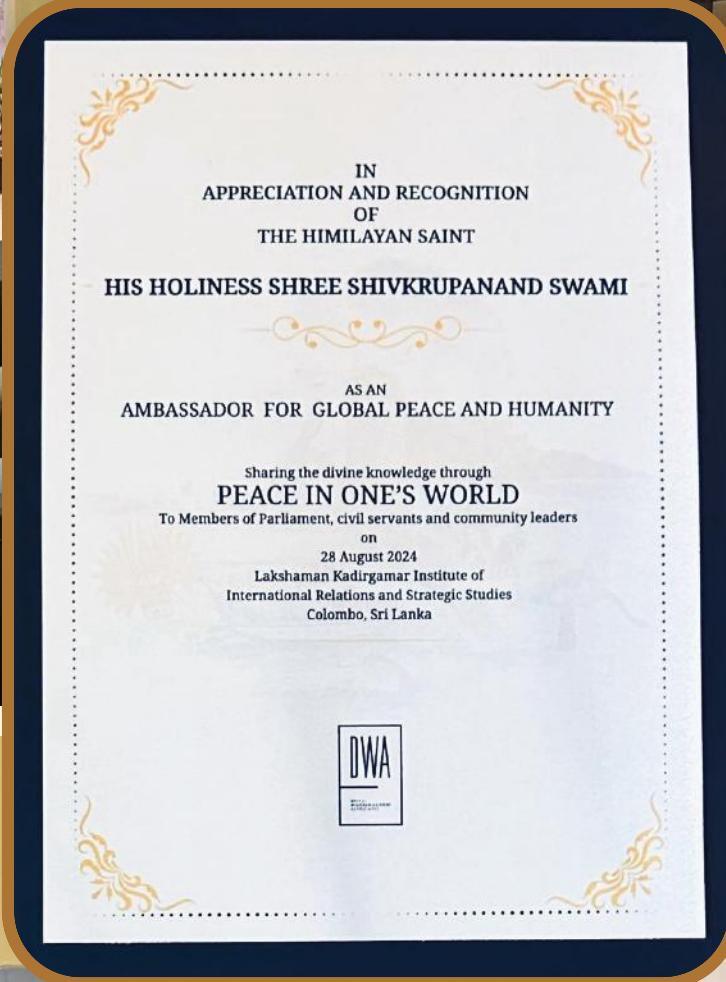
It was well received by the participants and helped promote peace and harmony in the country.

We appreciate your efforts to introduce people of Sri Lanka towards achieving inner peace through meditation and the country was blessed to received you.


Ranil Wickremesinghe
Prime Minister



Sri Lanka Parliament Camp



Yoga in Daily Life, Australia



The Australian Association of Yoga in Daily Life

THE AUSTRALIAN ASSOCIATION OF YOGA IN DAILY LIFE INCORPORATED
PO Box 1081 Qld 4558
Maroochydore, Australia
TELEPHONE (00617) 5479 4833
ARBN 079035199

22/1/04

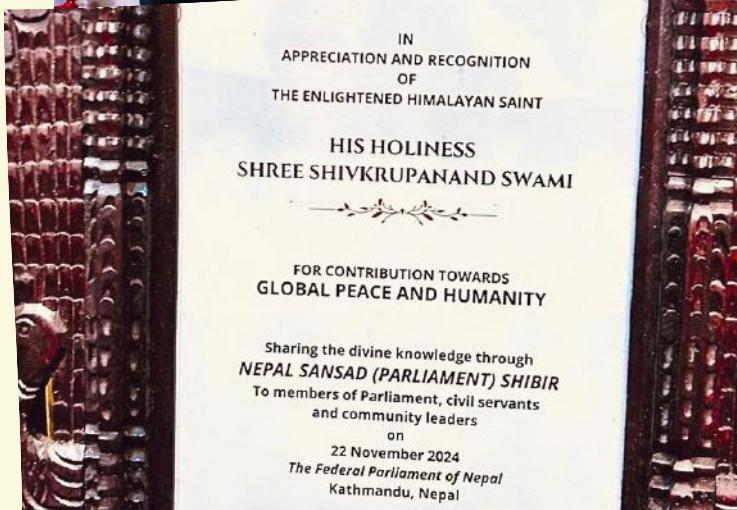
To whom it may concern

I wish to express our deep gratitude to Shree Swami Shivkrupanandji who held Satsang at our Yoga Centre in Maroochydore. On Saturday 13th December, 7pm Shree Swami Shivkrupanandji was welcomed at our Yoga in Daily Life Centre. We welcomed him with the traditional flower mala and presented him with a 15 min video that shows the work of Mahamandaleshwar Paramhans Swami Maheshwarananda all over the world, who is the founder of the system of Yoga that we are teaching in this centre. We then gratefully received his Darshan where he spoke on different subjects regarding Meditation and the state of Self realization, and answered several of our questions.

We thank Swamiji for his time and wish him success in his work to help raise the consciousness for all of humanity.

With deep gratitude and respect
Yamuna Jansch
Manager of Yoga in Daily Life Maroochydore

Nepal Parliament & Assembly Camps



Nepal Tourism Ambassador



Ref. No.: 3/TM&P/81-82/

Aug. 25, 2024

His Holiness Shree Shivkrupanand Swami
The Himalayan Saint, Spiritual Teacher and Founder of Smarpan Meditation

Re: Yoga and Meditation Retreat in Nepal

Your Holiness,

First of all please accept our deepest gratitude for your unwavering support to Nepal tourism as "Goodwill Ambassador of Nepal Tourism for 2020". Your association with Nepal has definitely created high visibility for it as a destination valued for its unique experience of spirituality. Known for exquisite nature and culture, the mountains of Nepal are immense source of inspiration, especially for those seeking the depth of human experience and rejuvenation of the "body, mind and soul".

In this regard, Shree Himalaya Samarpan Dhyanyog is organizing "Yoga and Meditation Retreat" in Kathmandu, Lumbini, Pokhara, Chitwan and other parts of Nepal, in November 2024. The audience for the retreat will range from top government officials from the Federal Parliament and Province Parliament, to school children and general public.

We are delighted to know that you have kindly consented to grace the program with your holy presence. We believe that your presence at the program will be extremely helpful in reinforcing the brand image of Nepal as a top wellness and healing destination. We hold Your Holiness in the highest regard and deeply appreciate your support for tourism promotion of Nepal.

We wish the program all success in its mission and we look forward to welcoming Your Holiness in Nepal soon.

Thank you!

With regards,

Signature
Nandini Lahe-Thapa
Officiating CEO



The Theosophical Society in England



THE THEOSOPHICAL SOCIETY IN ENGLAND
50 Gloucester Place, London W1U 8EA
Tel: 020 7563 9817 Fax: 020 7935 9543
email: office@theosoc.org.uk

28 June 2008

His Holiness Shree Shivkupanand Swami

Dear Sir:

I wish to express our deep appreciation for the most uplifting presentation you gave to us at the Theosophical Society in London this June.

Samarpan Meditation has much to say to 21st century mankind as a way to transcend many of the problems that each of us face in these most challenging times.

We are most grateful to you for outlining techniques of this most valuable form of meditation.

Sincerely yours,

Eric McGough
National President



the Theosophical Society
in England

The Foundation for Theosophical Studies
50 Gloucester Place, London W1U 8EA
Telephone: 020 7935 9261 Fax: 020 7935 9548
Registered charity Number 1014648

27 April 2003

To whom it may concern:

The Foundation for Theosophical Studies was indeed fortunate to have the company of Shree Swami Shivkupanandji on Sunday 27th April 2003 at 50 Gloucester Place, London W1. Swamiji speaks the language of vibration and his presentation on Meditation and Self-Realisation had a profound effect on the 93 persons in attendance. I have no hesitation in recommending him as a speaker for any theosophical centre in the world.

Sincerely yours,

Colin Boyco (Mr)
Publicity

The Theosophical Society in England
50 Gloucester Place London W1U 8EA
Telephone: 0207 563 9817 Fax: 0207 935 9543
E-mail: office@theosoc.org.uk
Website: www.theosoc.org.uk



13 July 2016

To whom it may concern

We were most grateful to have hosted the spiritual teacher, Shree Shivkupanand Swami, for an afternoon workshop – *The Awakening of your Soul, Your Gateway to Inner Peace*, on our premises on Sunday 3rd July 2016.

The founder of Samarpan Meditation is a remarkable man and we were most fortunate to have partaken of some of the pearls of wisdom that he imparted.

He is obviously a most inspiring figure and any group organizing one of his future discourses will benefit immensely from his insights.

Sincerely yours

Jenny Baker
National President
Theosophical Society in England



THE FOUNDATION FOR THEOSOPHICAL STUDIES
50 Gloucester Place, London W1U 8EA
Tel: 020 7563 9815 Fax: 020 7935 9543
email: info@theosoc.org.uk
website: theosoc.org.uk

2 May 2004

To whom it may concern

Dear Friend:

This letter is to introduce Shree Shivkupanand Swami, a well known speaker from India, who is regarded as a living saint of the 21st century.

Swamiji is one of the greatest exponents of *Samarpan Meditation*, techniques which help to awaken the divine part within each and every individual. Samarpan meditation is practised worldwide by people of all nations and spiritual persuasions.

Swamiji is constantly in demand and travels extensively, visiting many countries each year to teach this special meditation.

The Foundation for Theosophical Studies in London has been privileged to have him lecture on the path to universal consciousness, both in April 2003 and April 2004. We plan to have him back again during 2005 to share his special insights on spirituality.

I have no hesitation in recommending him as a speaker to any group wishing to promote world harmony, peace and the way of self-realisation.

27 April 2003

India - Parliament, State, Dept. Heads

One of several Appreciation Letters from Honorable Prime Minister & President of India



प्रधान मंत्री
Prime Minister

New Delhi

आषाढ 31, शक संवत् 1941
22nd July, 2019

Shri Shivkrupanand Swami Ji,

It is a matter of pride and joy for the nation that you have been recognized as the "Tourism Goodwill Ambassador – Visit Nepal Year 2020" by the Prime Minister of Nepal, Shri K. P. Sharma Oli.

Your innate spiritual nature and selfless service for mankind is rooted in the tradition and ethos of our country. The endeavour to popularize Samarpan Dhyan Yoga across the world cutting across barriers of religion, race, caste, creed or colour is a praiseworthy initiative.

I am sure that as the Tourism Goodwill Ambassador, you will contribute your mite to promote tourism, particularly spiritual tourism and in further strengthening the friendly relations between India and Nepal.

Best wishes and warm regards,

(Narendra Modi)

Shri Shivkrupanand Swami
C/o Shri Shaileshbhai Rudani

Email Id – shaileshrudani@gmail.com



MESSAGE

I am happy to learn that the Yoga Prabha Bharati Seva Sansthan Trust, Mumbai and Shivkrupanand Swami Ashram Trust, Navsari (Gujarat) are organizing a function on Gurupurnima during July 2-4, 2012 at Bhuj.

Meditation is a unique technique to achieve mental peace and harmony in life. It is simple and easy and is followed by many people across the world. This simple meditation technique can be helpful to society. I am happy to know that the function will be celebrated by many thousands of followers of Samarpan Meditation.

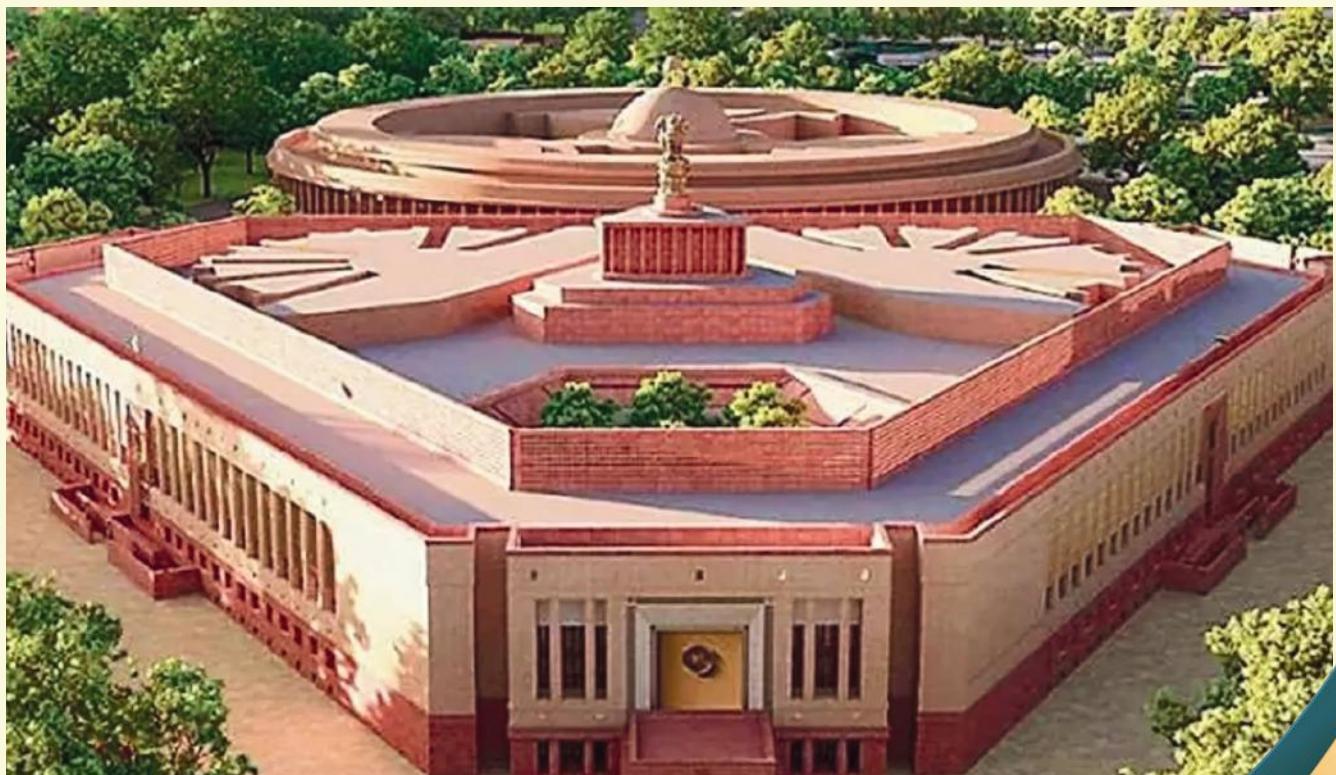
On this occasion, I extend my warm greetings and felicitations to all those associated with the Organization.

(Pratibha Devi Singh Patil)

New Delhi
June 20, 2012

Copy To,
Shri Anurag Modak
Shivkrupanand Swami Ashram Trust,
Navsari, Gujarat

Indian Parliament Mega-camp

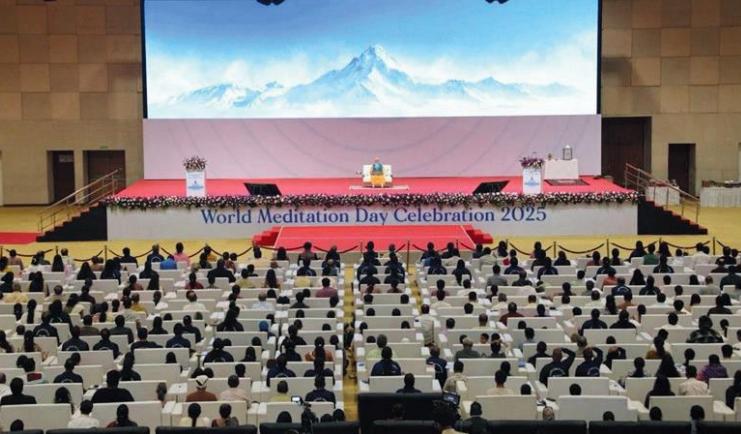


Chief Minister, Gujarat Mr. Bhupendra Patel



Bhupendra Patel

Chief Minister, Gujarat State



Dt. 20-12-2025

MESSAGE

Yoga and Meditation, while being modes of physical exercise and mental peace, are not confined merely to the fine-tuning of the body. They represent a way of life that trains individuals to connect with their inner self. They continue to be an integral part of Indian culture, promoted for the physical, mental, and spiritual health benefits they offer to individuals from all walks of life. It is a journey from external physical world towards knowing the inner sanctum of spirituality. **Honourable Prime Minister Shree Narendra Modi** highlighted in his address that the essence of yoga and meditation is "to unite", and it is heartening to see how yoga has united the world. Ultimately, feeling like relaxation of mind itself is a Yoga that is a meditation which gives us more satisfaction.

It is heartening to know that the **Himalayan Samarpant Meditation** in association with **Gujarat State Yog Board** are jointly organizing the **World Meditation Day Celebration** in august presence of **H. H. Shree Shivkrupanand Swamiji** on **21st December, 2025** at Gandhinagar. Ultimately, the state of self-realization itself is Yog, and meditation nurtures this state by bringing deeper satisfaction and fulfillment. I am confident that the Convocation Ceremony of Yoga Coaches and Yoga Trainers, along with this remarkable event, will continue to spread our ancient wisdom among the people and contribute meaningfully to the vision of a physically, mentally, socially and spiritually healthy and prosperous humanity.

(Bhupendra Patel)

Shree Ambreeshbhai R. Modak, Director,
Shree Shivkrupanand Swami Foundation,
Gandhinagar, Gandhinagar, Gujarat, India





Dt.05-03-2016

MESSAGE

A complete wellbeing is the core happiness. Synergy among mind, body and the character is the essence of holistic health. Mahatma Gandhiji practised and preached throughout his life the importance of the truth, trust, time and tolerance on the immense strength of which he brought in the independence for us.

South Gujarat Ashram Committee at Dandi, Navsari in **Samarpan Ashram** is holding a seminar on “**Meditation, A Complete Wellbeing, Holistic Health and an Alternative Medicine for all Illness**” on **10th April 2016**, to celebrate **World Heath Day**. Meditation being a pious process through which healing of any obstacle in health can be resolved, avoiding the excess use of medicines of modern age.

I extend my best wishes for the celebration and for the **souvenir**, being published on World Heath Day

Anandiben Patel
(Anandiben Patel)

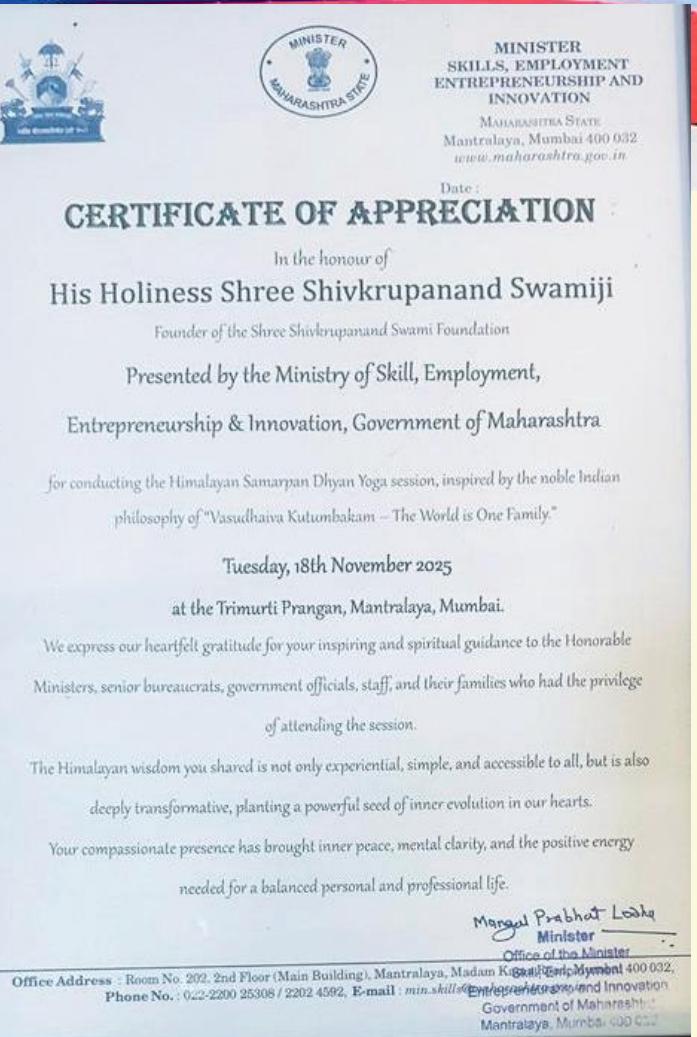
Anandiben Patel
Chief Minister, Gujarat State

Maharashtra State Legislative Assembly Camp





Mumbai Mantralaya Camp



**Mumbai High Court,
Nagpur Bench**



Goa Police Camp





ISRO Director Shri Anil Kumar Ji honouring Revered Gurudev with a 'Chandrayaan 3' Vikram Lander memento



भारत सरकार
अंतरिक्ष विभाग
आरोग्य संचाराजाल (इस्ट्रैक)
प्लॉट सं. 12 व 13, 3 मेन रोड 2 केन्द्र
पीमी औरोंगांव लंगर,
बैंगलूरु - 560 058
दूरध्वान (फो) : +91 80 2809 4581, +91 80 2809 4001
ईमेल : director@istrac.gov.in / ak_anilkumar@istrac.gov.in



GOVERNMENT OF INDIA
DEPARTMENT OF SPACE
ISRO TELEMETRY TRACKING AND
COMMAND NETWORK (ISTRAC)
Plot No. 12 & 13, 3rd Main Road, 2nd Phase,
Peenya Industrial Area,
Bengaluru - 560 058, (India)
Tele : +91 80 2809 4581, +91 80 2809 4001
E-mail : director@istrac.gov.in / ak_anilkumar@istrac.gov.in

No. ISTRAC/HRD/AL/2024 (01)

December 18th 2024

Dear Sir,

APPRECIATION

1. I take this opportunity to thank upon his Holiness Shree H H Shivkrupanand Swamiji. This letter of appreciation for having conducted the Himalayan Meditation and Aura Science workshop on 13th December 2024 at ISTRAC, Bangalore, which was highly useful for our employees.
2. We sincerely appreciate your dedication and devotion towards your unique commitment for spreading the knowledge on Himalayan Meditation aimed solely towards reducing anxiety, stress and depression which a person may be subjected to inadvertently during the course of his life span owing to several environmental factors.
3. I am hoping that the audience would have indeed benefited from the said workshop and would now be duly armored with the acquired skills under your guidance.
4. On behalf of all personnel of this centre, I express our gratitude for the invaluable time that you have spared with us today. We look forward your revered leadership & constant guidance and support forever.
5. Here's wishing you the best of health and spirit and we convey our best wishes for your future Endeavors.

With best Regards,

Yours sincerely,


18-12-2024
(Dr. Anil Kumar A K)

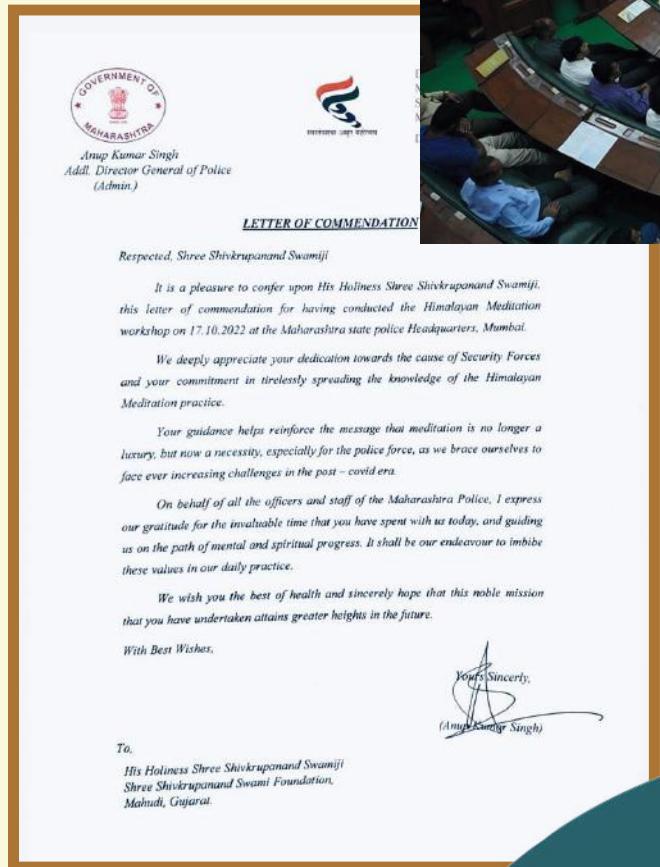
भारतीय अंतरिक्ष अनुसंधान संगठन (इसरो)



INDIAN SPACE RESEARCH ORGANISATION (ISRO)

2024 12

Mumbai Police HQ camp



BSF (Border Security Forces) camp





INSTITUTIONAL ENDORSEMENTS



Medical Fraternity

Doctors Wellness Conference





Date: 31/03/2019

LETTER OF COMMENDATION

To,

His Holiness **Yogacharya Shree Shivkrupanand Swamiji**,

It is an awesome commitment we witnessed for the last 3 days for medical fraternity by you. It is very difficult for the doctors to digest something which is beyond body. Your lucid, convincing language has inspired a lot of them to look beyond body parameters and dive into spirituality.

Doctors being inseparable part of the society are experiencing inescapable stress due to heavy patient flow and strong focus on detailing of symptoms. This precisely gives birth to negative energy and upsets their family and health equilibrium. In the long run, vital organs respond negatively to this disturbed equilibrium and consequences follow.

Attending DrWELLCON-2019 is a jewel of a time we have spent. We are sure the same is the case for all. In the divine proximity of thyself, we have experienced bliss and understood what the meditation is. Your underlying message of Achieving Delta and Theta patterns from Beta without use of medication and only through meditation, came out loud during entire conference. Little known world of spirituality was made explicable convincible by you in your own signature way.

Thank you very much for your blissful consent to organize DrWELLCON-2019 exclusively for medical fraternity.

A handwritten signature in red ink, appearing to read 'Dipti Shah'.

Dr. Dipti Shah
Organizing Chairperson

A handwritten signature in red ink, appearing to read 'Kamlesh Bhadreshwara'.

Dr. Kamlesh Bhadreshwara
Organizing Co-Chairperson

A handwritten signature in red ink, appearing to read 'Chirag Solanki'.

Dr. Chirag Solanki
Organizing Secretary

Doctors' Wellness Conference-2019



THROUGH HUMANITY TO PEACE



INDIAN RED CROSS SOCIETY

OFFICE : Redcross Building, Suchak Road, RAJKOT-1. Ph. : 2464442 Ramnath Para, Ph. 222 27 21. Com. Hall Ph. : 2464942
Fax No. 2224455 E-mail : rajkot_ircs@yahoo.com Web : www.redcrossrajkot.org.

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PATRON DR. DEEPAK M. PATEL
Ph. 2464442

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Ph. 2451361

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Ph. 2461771

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Ref. No. RCC/

Date

Date :- 23rd December 2005

This is to certify that with the help of **Indian Red Cross Society Rajkot Dist. Branch**'s Doctors and Dr. P. L. Sachapara & Dr. Girish Patel's medical team had examined patients of uncontrolled Diabetes mellitus and hypertension with their regular prescribed medicines. We had randomly selected all of them from Sadhaks of Aatma Anubhuti Samarpant Mahashibir-2005, which conducted by H.H. Swami Shivkrupanandji at Race Course ground from 15th December 2005 to 22nd December 2005. We checked their FBS & PPBS with medical examination on first and last day of Shibir. We observed that 84% patients had got significant reduction in their FBS & PPBS levels. Among them 66.6% patients turned to be totally normoglycemic and patients of early Diabetes mellitus turned to be normoglycemic without any medicines. Whereas control group of patients didn't find any significant variations in their sugar levels. More than 50% patients of Hypertension also found significant reduction in their Blood Pressure levels also. All patients experienced good relaxation with feeling of peace, joy and well being.

Always in Red Cross service,

Dr. Deepakbhai M. Patel
President,
Indian Red Cross Society,
Rajkot Dist. Branch. (Gujarat) India.

Dr. P. L. Sachapara
M.D. (Medicine)
Bhavnagar- Gujarat.

Phones : 2409 34 29
2409 04 64

K. J. Somaiya Hospital and Research Centre

Somaiya Ayurvihar,
Near Everard Nagar,
Eastern Express Highway,
Sion, Mumbai-400 022.

Ref. No. : KJSHRC... Ref. HA - 102 /2004-05

Date :
17.08.2004

To

Yogaprabha Bharti (Sewa Sanstha) Trust
Building No. 36/B, Flat No. 58,
Manish Nagar, J. P. Road, Andheri (W),
Mumbai - 400 053.

Dear Sirs,

Parampujya Swami Shivkrupanandji conducted a Samarpan Meditation Mahashibir on the gourds of K. J. Somaiya Hospital at Sion, from 20th day of May 2004 to the 27th day of May 2004. Parampujya Swami Shivkrupanandji during the eight days of discourse taught the attending Saadhaks a simple and unique mediation technique called the Samarpan Meditation Technique.

At the commencement of the Mahashibir, attending Saadhaks, who were suffering from Diabetes and Blood Pressure were requested to check their Blood Sugar levels and Blood Pressure levels. The facility for checking the Blood Sugar and Blood Pressure was provided by the K. J. Somaiya Hospital. Approximately 130 Saadhaks availed of the facility. The Saadhaks were requested to again check their Blood Sugar and Blood Pressure on the last day of the Mahashibir. Nearly 30% of the Saadhaks recorded a drastic fall in their sugar levels and blood Pressure levels.

Samarpan Meditation has proved effective in stabilizing the Blood Pressure and reducing the Blood Sugar level. On behalf of K. J. Somaiya Hospital, Sion I wish to thank Parampujya Swami Shivkrupanandji and hope that his teaching reach the maximum number of people.

Thanking you,

Yours truly,
For K. J. Somaiya Hospital & Research Centre

For K. J. Somaiya Hospital
& Research Centre

Dr. S. K. Pershad
Dr. S. K. PERSHAD 9/9/04
Hospital Administrator
Dr. S. K. Pershad
Hospital Administrator

INDIAN MEDICAL ASSOCIATION

PRESIDENT

Dr. Bharat B. Patel M.B.D.G.O.
Mother Care Hospital, Nr. Gopi Nala, Mehsana-384002.
Phone : 251414 (H), M : 9825333053
Email : dr.bharatpatel@yahoo.co.in



MEHSANA BRANCH
ESTD. 1948
2013-2014

HON. SECRETARY

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Avani Children Hospital, Outside Gopinala
Mehsana-384002. Phone : 253751 (H), M : 9825267457
Email : akashpatel75@yahoo.com

Immediate Past President

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President Elect.

Dr. Amrut A. Patel M : 9376175871

Vice President

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Dr. Shailesh Sutariya M : 9825121206

W.C. Members

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Chairman IMA Sports Fed.

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IMA GSB Vice President

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Immediate Past Secretary

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Dr. N. T. Patel

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Dr. Anil D. Patel

Executive Members

Dr. Gagnani R. K.

Dr. R. B. Shah

Dr. Neelima Talvelkar

Dr. Rakesh Patwa

Dr. Rajen Shah

Dr. Vishnu P. Patel

Dr. Jitendra Prajapati

Dr. Priyanshu Patel

Dr. Jayesh N. Patel

Dr. Chetan Suthar

To,

The Coordinator
Samarpan Medical Group
Mehsana.

Dear Sir,

Medical fraternity of MEHSANA enjoyed one unique and first of its kind event a seminar on "Key to Stress Free Living" on 29.12.2013 which was organized by Samarpan Medical Group, Mehsana.

It is well accepted fact that now a days stress is unavoidable and became a part of our life. At the same time there are all the limitations in medical science to get rid of stress. In this scenario, medico spiritual approach is the only answer.

Samarpan Medical Group is doing the great job by organizing such seminar for doctors who are the major victim of stress in their day to day life. Presentation given by Dr. P. L Sachapara and Dr. Dhaivat Mehta but easily digestible as well.

IMA Mehsana appreciates the efforts put by the office bearers and hundreds of volunteers of samarpan meditation centre, Mehsana organizing this seminar.

Dr. Mukesh Chaudhari
Scientific Secretary

Dr. Bharat B. Patel
President

Dr. Akash Patel
Hon. Secretary

Dr. Akash K. Patel
Secretary
I.M.A. Mehsana Branch
Year : 2013-14

Corporates

Mahindra & Mahindra camp



Mahindra

Mahindra & Mahindra Ltd.
Farm Equipment Sector
M.I.O.C. Area, Hingna Road,
Nagpur - 440 016, India.
Tel. : +91 07104 660757
+91 07104 660592
mahindra.com
CIN NO L65990MH1945PL0004558
Regd. office :
Gateway Building, Apollo Bunder,
Mumbai 400 001 India

25th November 2022

To,

His Holiness Shree Shivkrupanand Swami ji
Shree Shivkrupanand Swami Foundation
Nagpur.

Hon'ble & Respected Swami ji,

At the outset, we wish to take this opportunity to thank yours Holiness for accepting our invitation to conduct Himalayan Meditation Session for our employees working at Tractor Manufacturing Plant of Farm Division, Nagpur.

We at Mahindra, have Health & Wellness Program for our employees and this year's them is on Mental Stress Management which is very essential in today's world.

In view of the above, the dawn of 25th November 2022 was not like every day for our employees as it was started with Himalayan Meditation by your Holiness.

We have attended various meditation sessions, but we sincerely appreciate your dedication and devotion towards your unique way of Himalayan Meditation and your commitment for spreading the knowledge on Himalayan Meditation yoga and giving your insights aimed towards managing stress & depression and reducing anxiety.

Post your session, we are also glad to know that the participants have indeed benefited from this Himalayan Meditation Session and had a totally differentiated effect in their thoughts and they will practice this daily to cope up in their routine life.

We take this opportunity to thank you once again and express our gratitude for the invaluable time out of your busy schedule and spreading positive energy in us through this impactful Himalayan Meditation session.

Sincerely yours,
For **Mahindra & Mahindra Ltd.**


Shrikant R. Dube
Vice President / Plant Head

2022 08:40

JIO Mumbai, Reliance Industries limited camp



L & T Powai camp



TCS participation Himalayan Samarpan Meditation camp, Chennai



14th September 2025

Shree Shivkrupanand Swami Foundation India.
Gujarat Samarpan Ashram
Mahudi Anodiya Roadm VilageMahudi, Taluka Mansa
District: Gandhinagar

Dear H H Shivkrupanand Swami

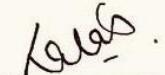
We express our sincere gratitude to Himalayan Samarpan meditation for organizing the transformative three days "journey to inner peace" sessions for community at Sir Mutha Venkata Subba Rao concert hall in Chennai. TCS associates from Chennai actively participated in this enriching event, gaining valuable insights into the significance of meditation and its profound impact on work – life balance.

By integrating mediation in their daily lives, participants learnt practical techniques to harmonize professional responsibilities with personal well-being, fostering a more balanced fulfilling, and mindful lifestyle.

With deepest regards and gratitude.



Avadhoot Date
Vice President



Lata Karki
HR Head, BFSI CBO

Industrial camp, Morbi



Ambuja Cement

4th February, 2004

R. C. Sodani
Sr. Vice President (Comml.)

Respected Swamiji,

Saadat Pranam.

It was indeed a spiritually awakening experience in our material world in the seminar conducted from 27th January to 4th February, 2004 on Meditation and Kundalini Jagruti. We hope this should work as a sparkling capsule having longer and enduring effect for our spiritual and soul elevation. I am confident that all the residents of MCW Colony and the villagers with their full enthusiasm will greatly benefit by continuing the beginning made in meditation by them through your kind blessings.

However, as we are the normal person may again go off the track from the spiritual ladder made available to us by your goodself and therefore would request you to provide few more opportunities as convenient to your goodself so that all these people can reach a gainful achievement in their spiritual and meditation journey.

I am also sure that the availability of poise soul - you and the auspicious environment created by your goodself will bring to all of us in the colony and in the plant a peaceful environment.

With respectful pranams.



RC Sodani

To,
Swamiji Shri Shivkrupanandji
Mumbai

MARATHA CEMENT WORKS

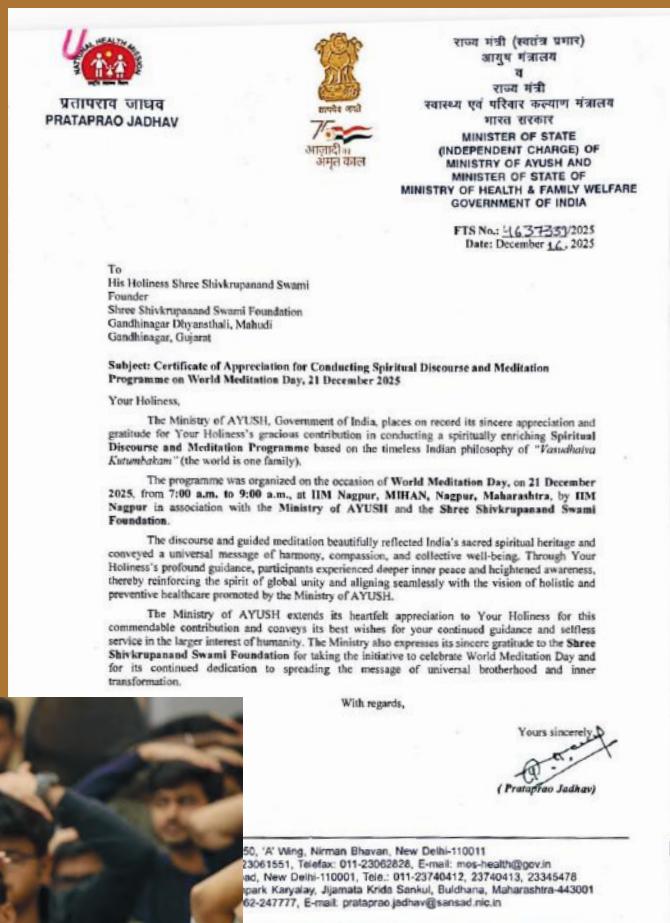
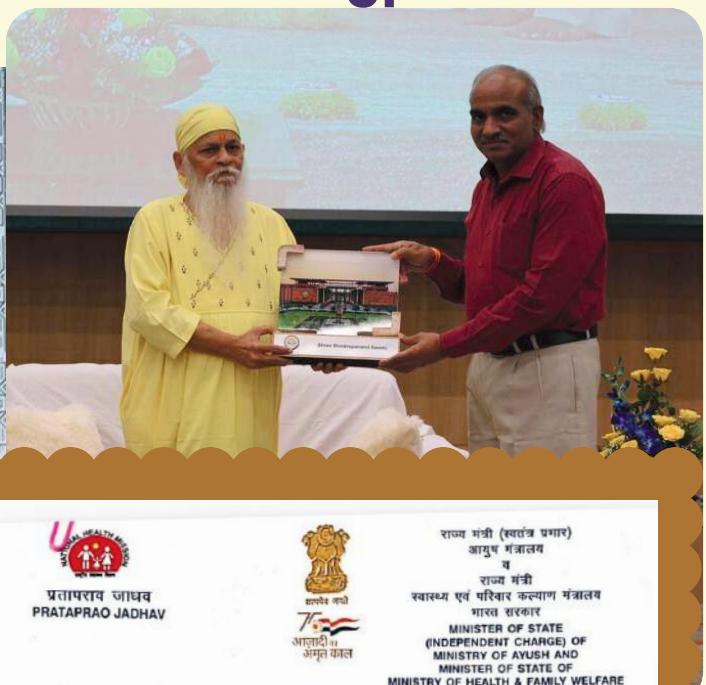
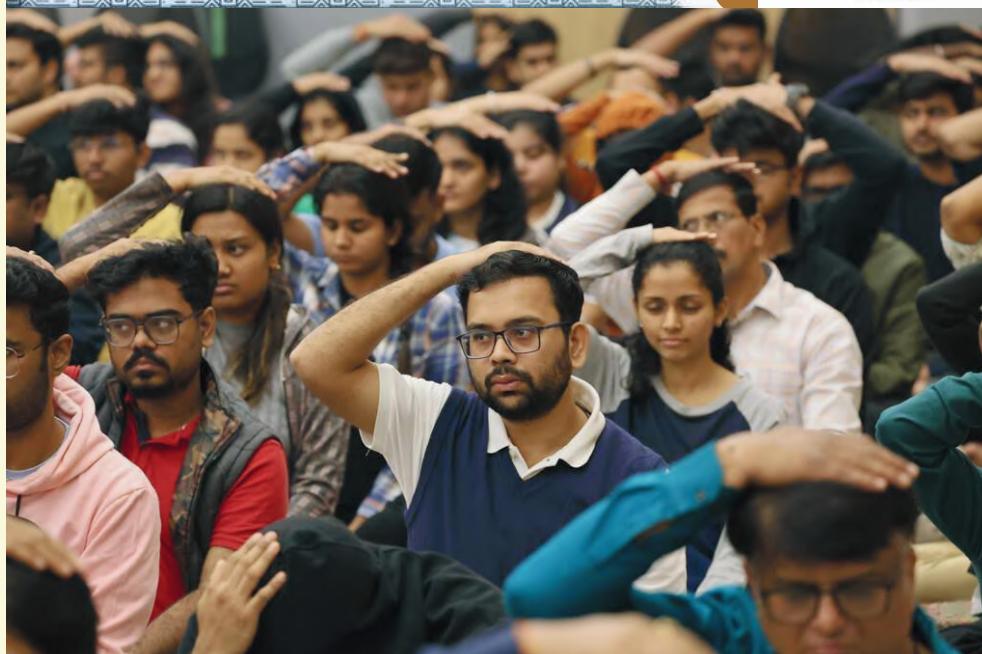
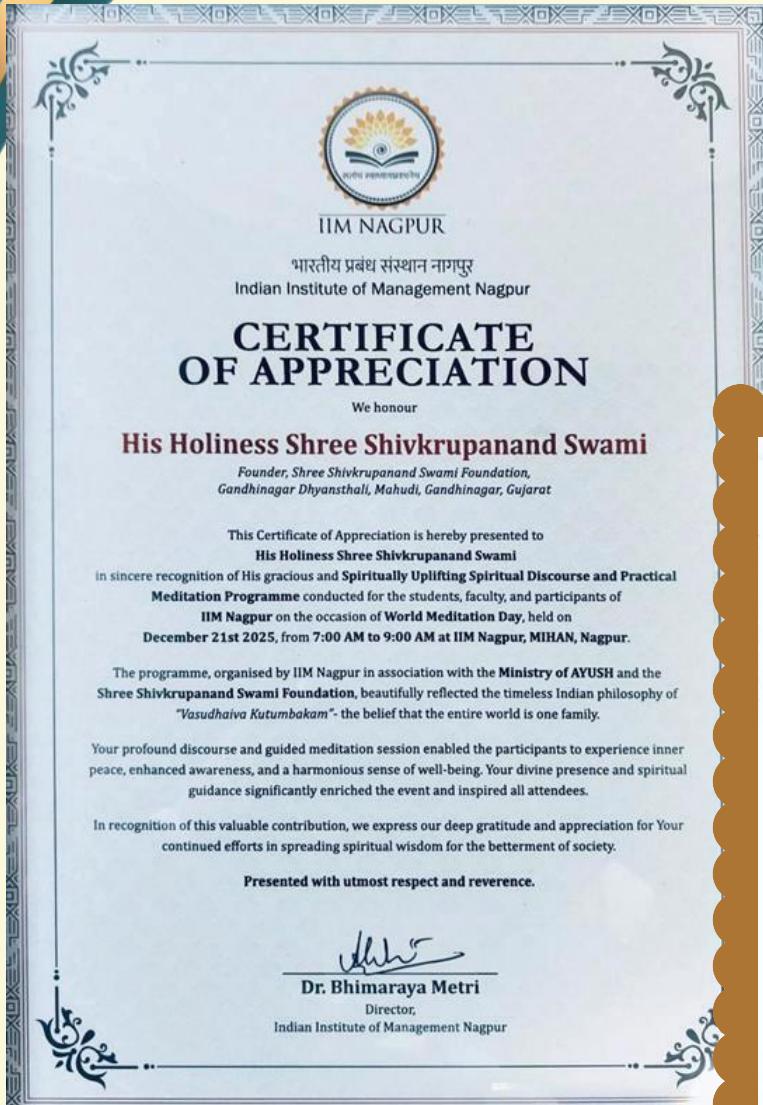
(A Unit of Gujarat Ambuja Cements Limited)

At & Post- Upparwahi - 442 908, Taluka-Korpana, Dist.-Chandrapur (M. S.)
Tel. : 07173 - 240017- 20, Fax : 07173 - 240008 - 9
E-mail : rcsodani@ambujamail.com

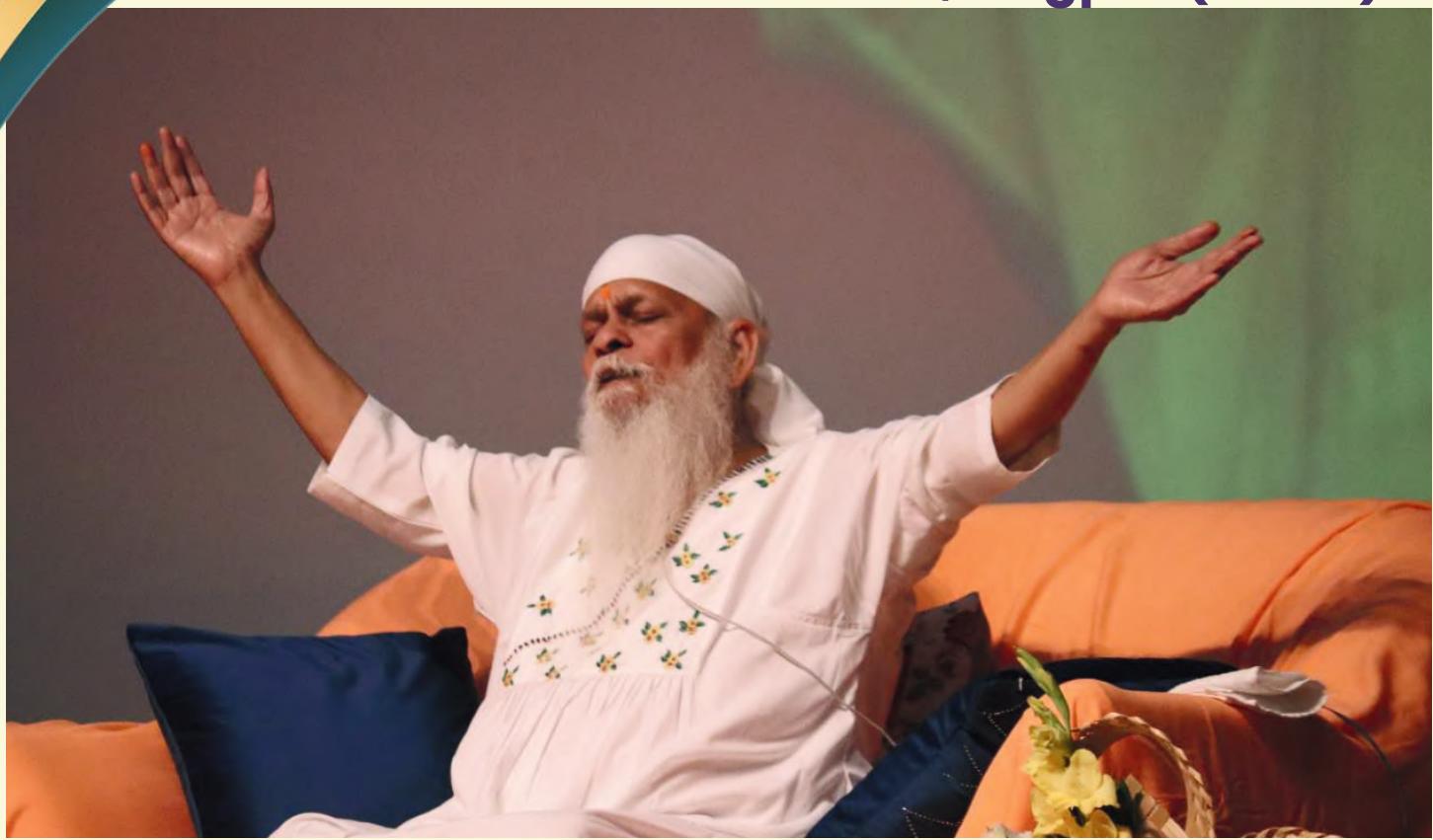
Educational Institutions

World Meditation Day

IIM Nagpur



All India Institute of Medical Sciences, Nagpur (AIIMS)



Datta Meghe Institute of Medical Science



Children camp – Priyadarshini Indira Gandhi Krida School, Mumbai

बाल संस्कार शिविर

परम पूज्य सद्गुरु श्री शिवकृपानंद स्वामीजी के पावन सान्निध्य में

दिनांक : ६ अगस्त २०२३, रविवार | सुबह १० बजे से

स्थल : प्रियदर्शिनी इंदिरा गांधी क्रीड़ा संकुल, महाकवि कालिदास नाट्य मंदिर, पी. के रोड, मुलुंड पश्चिम, मुंबई



॥ ज्ञानादेव तु कैवल्यम् ॥

SOMAIYA VIDYAVIHAR

FAZALBHOY BUILDING, MAHATMA GANDHI ROAD, FORT, MUMBAI - 400 023.

MANAPATRA

Salutations to Sadguru Yogacharya Shri Shivkrupanand Swamiji,
Kindly accept our Pranams.

We wish to convey our humble and thankful appreciation of the Kundalini Meditation Shibir conducted by you for the staff and students of Somaiya Vidyavihar and the residents of Ghatkopar and nearby suburbs, from 1st April to 8th April 2001.

Kundalini Jagruti is a very complex subject, and to the layman, a mysterious, even awesome process. You have rendered this great knowledge in simple and lucid language, totally free of charge for the masses. For eight days you held the large audience of more than seven hundred people in rapt attention, bestowing direct Anubhuti of the Cosmic Consciousness.

We are truly overwhelmed to have had such a great and benign presence on our Campus. We are sure that regular practice of Meditation will lead to balanced growth and complete personality development of learners, which is the goal of all education.

We seek your kind Blessings,

With respectful Regards,

Date: 8th April 2001.


Shri P.M. Kavadia
Hon. Secretary



NGOs & Community Organizations

Jain Saints Camp





Anushaktinagar Sports Management Committee (ASMC)

Office: NCC Complex, Opposite Post Office, Anushaktinagar, Mumbai – 400 094

Email: asmc.dae@gmail.com; Phone: 7304192124

आपत करत है।

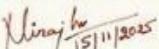
Letter of Appreciation

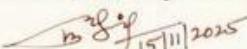
His Holiness Shree Shivkrupanand Swami

The Himalayan Saint, Spiritual Teacher & Founder of Shree Shivkrupanand Swami Foundation

We express our heartfelt gratitude to His Holiness Shree Shivkrupanand Swami for gracing the Himalayan Meditation Dhyan Yog Shibir held on 15th November 2025 at Anushaktinagar, Mumbai.

Your compassionate presence and the divine guidance you offered through Ancient Himalayan Meditation have deeply inspired our DAE community. Your teachings have fostered inner peace, mental clarity, and emotional balance in the lives of all participants, bringing meaningful and positive transformation to their personal well-being and overall quality of life. Your spiritual wisdom has cultivated steadiness of mind, clarity of thought, and emotional strength, empowering individuals to face life's challenges with composure and confidence. Moreover, your insightful guidance has nurtured harmony, mutual understanding, and emotional well-being within families, helping create a peaceful and supportive environment across our community. With profound respect and sincere gratitude, we offer our humble thanks for your divine presence, compassion, and spiritual enlightenment.


15/11/2025
Convener/ Co-Convener,
ASMC


15/11/2025
Member Secretary,
ASMC





LETTER OF HONOUR

To,
Parampujya Shri Shivkrupanand Swamiji,

Samarpan Dhyanyog Mahashibir was organised by your grace during the period from 23rd to 30th April 2018, on Shree Kshetra Sai Bhoomi, under the guidance of Shri Saibaba Sansthan Trust, Shirdi. On this occasion, it gives us great pleasure to confer this 'Letter of Honour' on behalf of the Management Committee of the Sansthan.

This period was like a 'Meditation Week' for all the sadhaks who participated in the Mahashibir. Your mastery in orienting ordinary householders who are entangled in their daily life-routines towards spirituality is extraordinary. After witnessing this Shibir, we are fully convinced that due to the extremely simple, straightforward and regular practice of Samarpan Dhyanyog, even the most ordinary person will make also increase his capacity to work.

This Dhyanyog Shibir was conducted here in Shree Kshetra Shirdi during the Samadhi Centenary Year of the Supreme Satguru Shree Saibaba. Because of this we are happy that the preaching and propagation of Shree Sai's work has taken place through your medium. This has been a truly great occasion. While expressing my grateful thanks to you for your work and that Shree Sainath's grace be with you eternally, through this Letter of Honour I pray at Shree Saibaba's lotus feet for your good health and long life.

Yours,

Dated : 30th April 2018

Dr. Suresh Kashinath Haware,
Chairman
Shri Saibaba Sansthan Trust, Shirdi

SEVA BHARATI MEGHALAYA

REG. NO. SR/SBM - 323/95 OF 1995

REGD. OFFICE : 2ND FLOOR, ARYA SAMAJ MANDIR BUILDING, G. S. ROAD, SHILLONG, MEGHALAYA - 793002. PHONE : 0364-220743

ADM. OFFICE : D. M. SYIEM COMPOUND, UPPER NONGTHYMMAI, NEHU ROAD, SHILLONG, MEGHALAYA - 793014. PHONE : 0364-226798

V.M.JOSHI, 36, SEA VIEW, 4 BUNGLOWS ROAD, ANDHERI (W), MUMBAI-53, PHONE: 6238041;

Yogacharaya Shri Shivkripaⁿandji Swami leading life & mission in states of North-East India, has conducted a "KUNDALINI JAGRUTI" programme before audience (100 & above) at Seven Bungalows, Andheri (W), Mumbai from 29.08.1999 to 05.09.1999. By his long practice, meditation & personal experiences in his life, the GOD'S power (Parmatma) has been awokened in him.

With a keen desire to help human beings & spread this knowledge to others through few devoted/committed participants he has conducted this programme for the first time in Mumbai.

The knowledge & technique for "KUNDALINI JAGRUTI" imparted by him during his 8 days session (everyday 2 hrs.) have enabled each and everyone to get the rare experience of feeling - GOD'S some power in oneself, cool waves/vibrations passing out through palms-bodies during meditation. The art of meditation & teaching were very much impressive, appealing & inspiring to everyone.

We bow our head with high respect before such self-less, God gifted person and his pursuit for alleviating all the sufferings of human beings in modern times.

We are sure that with sincere practice in Meditation, once inner power in one-self is awakened, it will enable him to have perfect satisfaction, balanced state of Body-Mind & will never have any problem/difficulty in his/her day to day life.

[V. M. JOSHI]
Hon. Secretary



**Pranic Healers Association
NAVSARI**



21-5-2000

We, the practitioners of Pranic Healing Association of Navsari, are happy to organize seven day Dhyanyoga Sadhana Sibir (1.1/2 hours each day) conducted by Shree Shivakrupanandji Swamiji from 14-5-2000 to 21-5-2000 at Diamond Hall, Santadevi Road, Navsari, Gujarat State.

We heal patients utilizing "Pranic Force" but were unknown to the true source of this life force. Swamiji revealed the mystery of it by imparting knowledge of Kundalini and Seven Chakras (Muladhara, Swadhisthana, Nabhi, Anahata, Visudhha, Aagna and Sahastra) which are the source of generating the Life Force – Chaitanya - Prana. We came to know from him what is meditation, how to do it correctly and effectively, in easy to understand and follow it in practical and effective way, leading any one to the path of Self-Realization (Atma-Sakshatkar) and experiencing the presence of God.

We pray to the ALMIGHTY to bless Swamiji with long and healthy life, in order to continue his vision and mission of pursuing his unselfish noble cause for the upliftment of all human beings of the world, whether the person is Hindu, Muslim, Christian, Parsi, of any caste or creed.

President
Rupam Chokshi



SPIRITUAL LEGACY

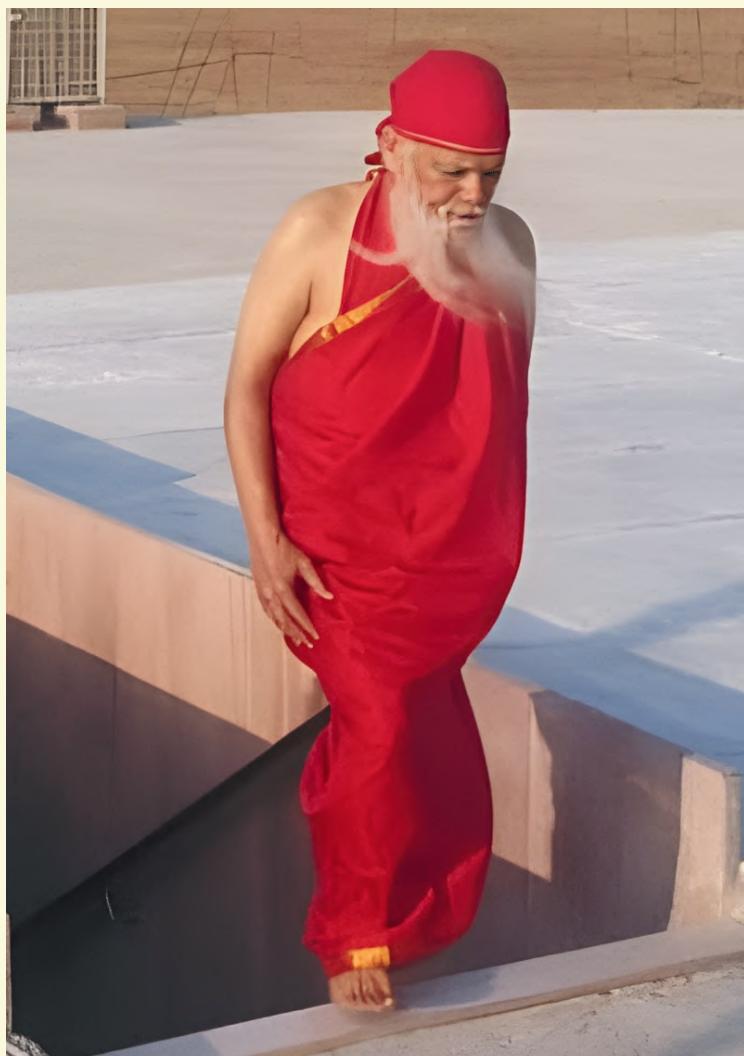


Global Places of Meditation *(Dhyansthal)*

Place of Meditation & Shree GuruShaktiDham (Abode of Guru Energies)

The Shree Gurushaktidham is a Shaktipeeth (abode of universal energy) of the present time

After coming here, you should just sit with a peaceful chitta. The positive energy that you will obtain over here will automatically get your work done. Lakhs of people have already experienced this. You too should try to experience it and see; you will remember that you are not Ramu the beggar anymore – you have become a king. The only thing is that you should have the awareness – that you have become a king. Have the awareness that you have got connected to lakhs of souls in the world. Just have the awareness that you are not the water in a glass, you have become the water of the river Ganga, that's all. Just be aware of that! Lots of blessings to all of you.



His Holiness Shivkrupanand Swamiji
Source: Message given on 26-9-2021



Place of Meditation & Shree GuruShaktiDham



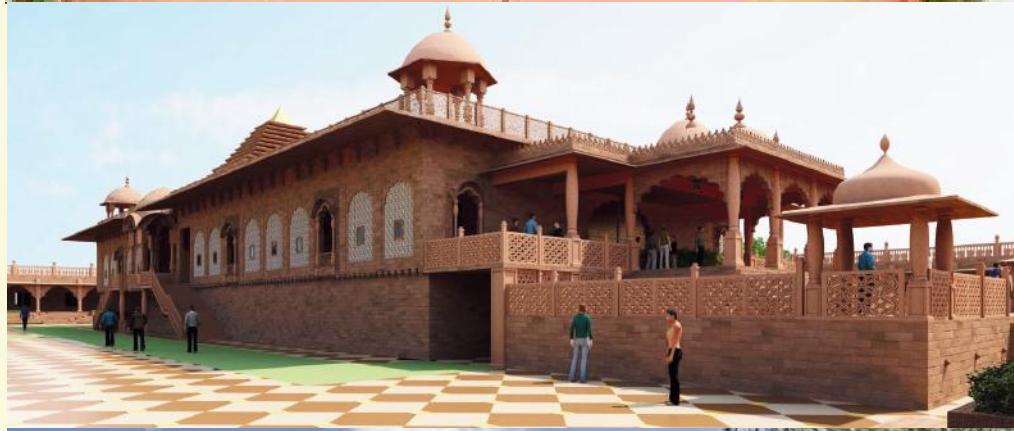
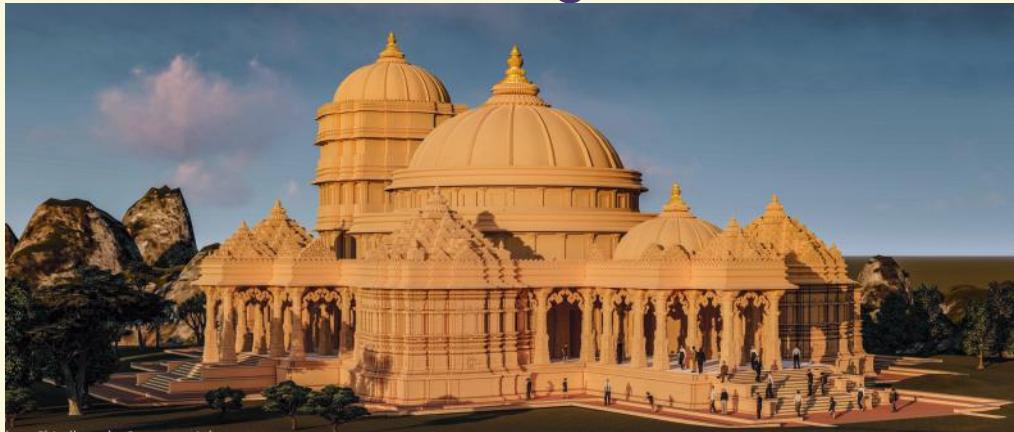
The Shree Gurushaktidham is such a spiritual place:

- **Where the deep meditation practicum is conducted by His Holiness Shree Shivkrupanand Swamiji of the Himalayas has installed the life-force in the auspicious Shree Mangal Murti (Energy Statue).**
- **Where spiritual 'living' experience, self-realization, is possible for all humankind.**
- **Where the legacy of spiritual knowledge is being preserved for future generations.**

Always remember, Shree Gurushaktidham is not a prayer hall; it is a living centre of Divine power.

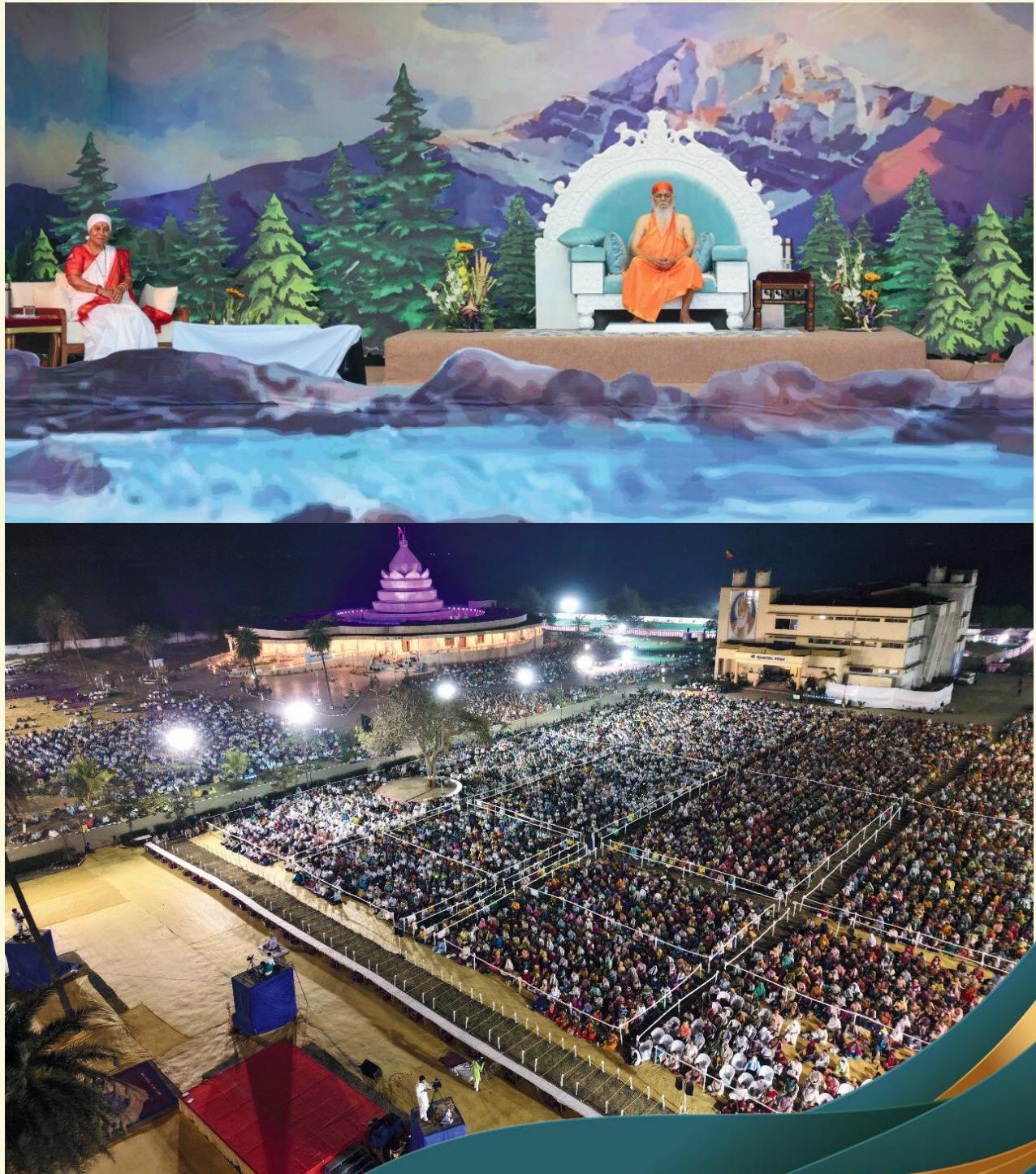
His Holiness Shree Shivkrupanand Swamiji

Place of Meditation & Shree GuruShaktiDham (Abode of Guru Energies)



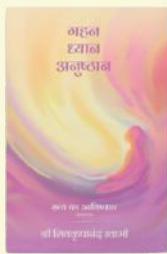
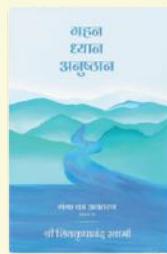
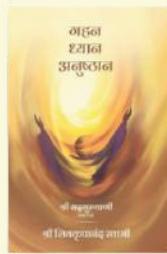
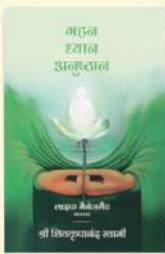
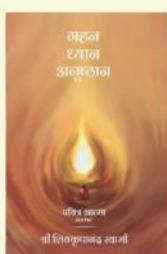
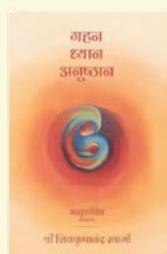
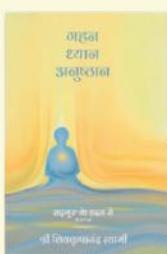
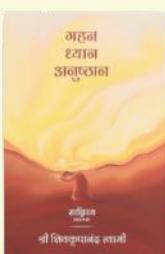
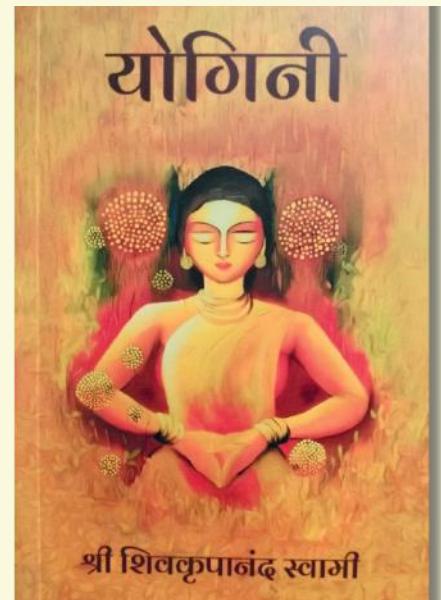
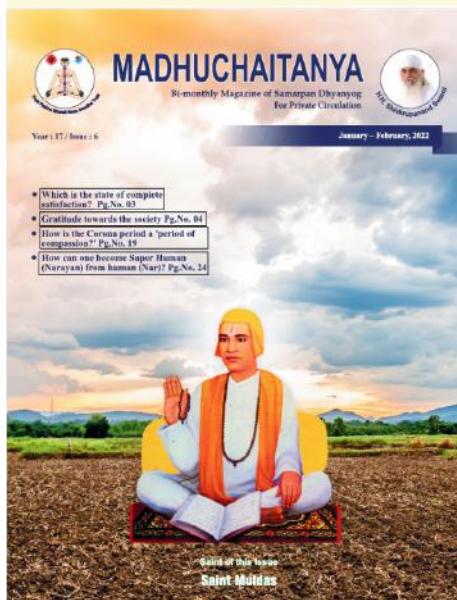
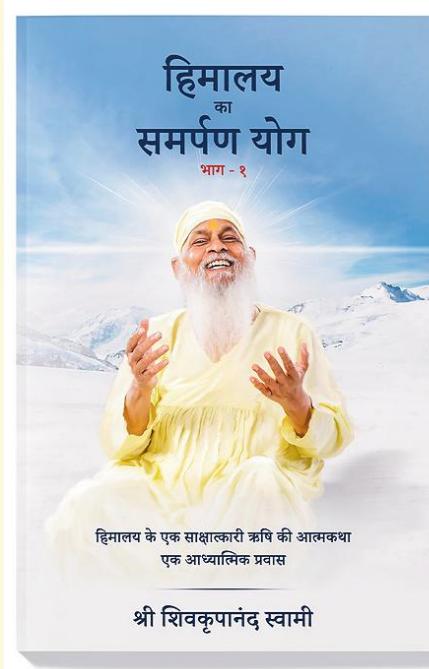
For the past 2 decades, Swamiji goes into 45-Days Deep Meditation Practicum (Gahan Dhyan Anushthan).

He instills His life force energy into the Energy Statue and comes out of the Anushthan on MahaShivratri



Autobiography Series & Spiritual Books

For those seeking spiritual knowledge and living guidance, a compilation of **divine messages written by His Holiness Shree Shivkrupanand Swamiji of the Himalayas, a series of books on rigorous spiritual practice and spiritual journey undertaken in the proximity of Gurus** in the inaccessible valleys of the Himalayas, and the spiritual magazine of the organisation –“Madhuchaitanya”, etc. are the unique knowledge base.



Install the app on iOS / Play Store

DHYAN - HIMALAYAN MEDITATION



Prestigious Recognitions

ELITE MEMBER OF THE WORLD MEDITATION FOUNDATION'S EXPERT COMMITTEE

Certificate of Appointment

World Meditation Foundation

This certifies that

Shree Shivkrupanand Swami

has been appointed to the position of

Member of the World Meditation Expert Committee

The appointment became effective on **[October 1st, 2025]**

and acknowledges the appointee's commitment and contribution to the Committee's

mission and values.



A large, stylized black signature of the name "Shree Shivkrupanand Swami".

Authorized Signatory

A smaller, stylized black signature of an individual.



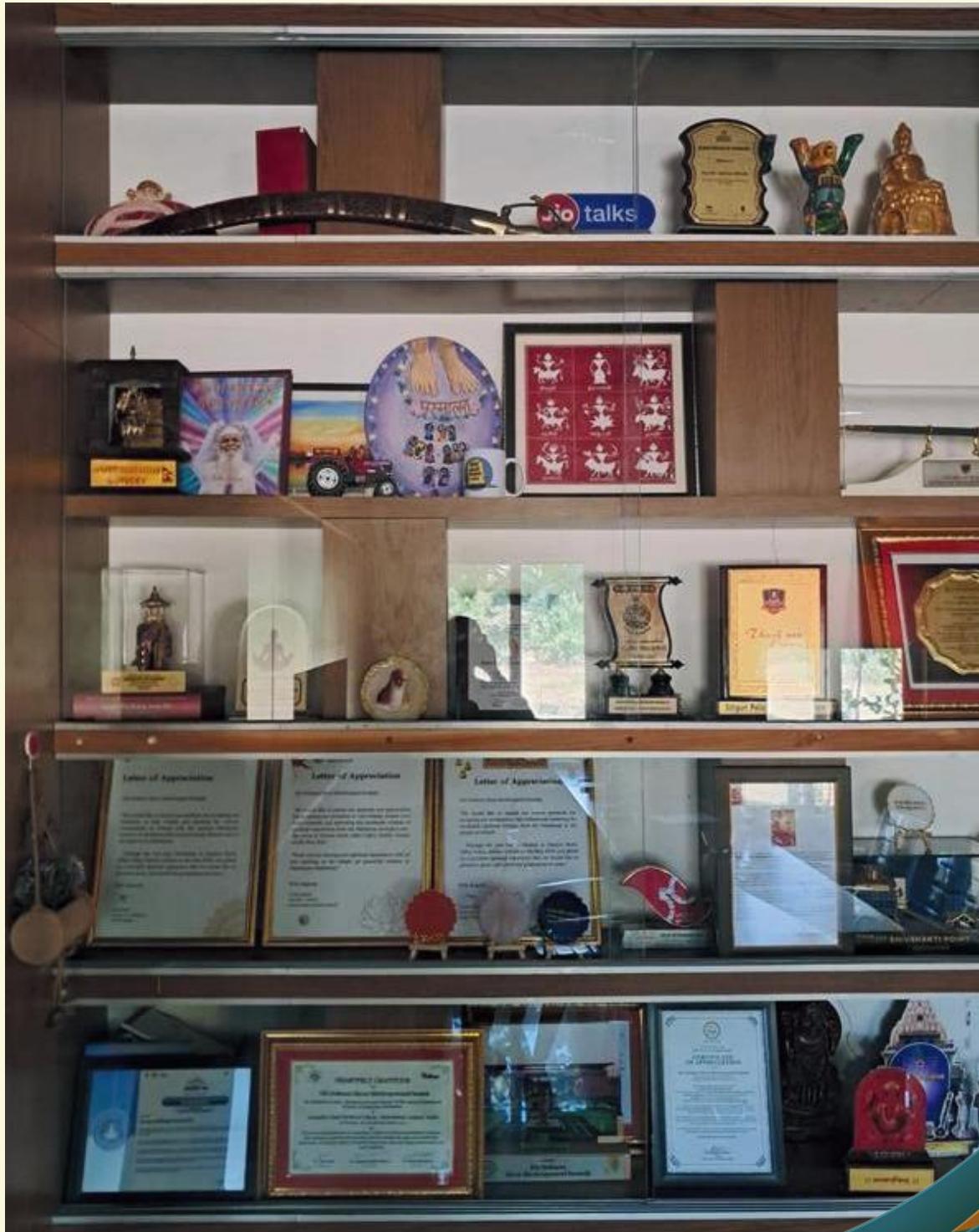
World Meditation Foundation & World Meditation Day Association

October 1st, 2025

Swamiji's lifelong commitment to Meditation & Complete Yoga has garnered global awards, affirming his enduring spiritual legacy



Swamiji's lifelong commitment to Meditation & Complete Yoga has garnered global awards, affirming his enduring spiritual legacy



Swamiji's lifelong commitment to Meditation & Complete Yoga has garnered global awards, affirming his enduring spiritual legacy





2001



2002



2016

His golden aura was first revealed in the UK in 2001.

Subsequent tests in 2003 and 2016 showed a progressively denser aura.

The 2016 aura test report, spanning 17 pages, provided detailed information about his seven chakras and revealed many surprising findings.

Experts from the aura clinic described **Swamiji's aura as extraordinarily beautiful, attributing it to someone who is beyond the physical body, completely in a soul state, and bodiless (Videhi)**. The report highlighted Swamiji's deep spiritual height, **extrasensory vision and knowledge, and supernatural qualities**. It noted that he is illuminated by an inner light, connected to the Universal Energy, and that **His presence alone initiates a healing process** in those who are around Him.

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@HSMUSAmeditates

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info@HSMUSAmeditates.org

Contact us at:
984.895.4219