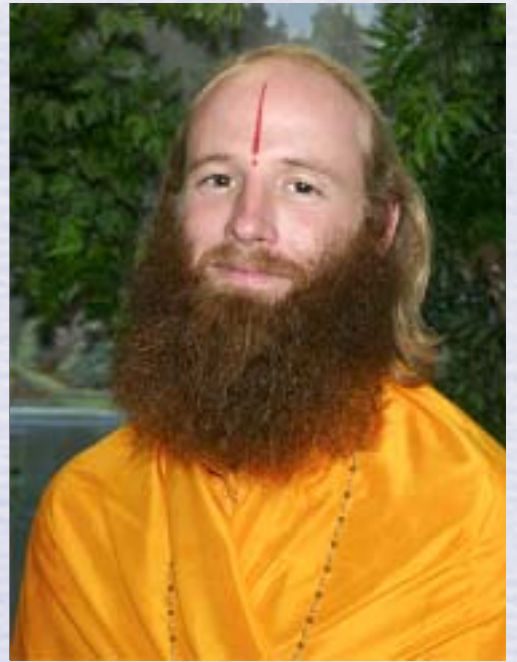


“Chanting meditation is easy – the mind is lulled by the melody and rhythm of the *kirtan*, then the inherent power of the chant does the work for you. The only effort is in letting go. The effect of the chanting can be felt by anyone who is open to it, because the power of the chanting comes not from the meditator’s own effort, but from the chant itself. It is something which must be experienced instead of described.”

Swami Nikhilanand



PROGRAM THEMES

- Meditation and the Mind
- Chanting Meditation and *Divine Love Consciousness*
- Spiritual Wisdom and Chants of India
- The Teachings of the Ancient Masters of India
- World Peace Begins Within
- How to Lead a Stress-Free Life
- The Soul’s Eternal Quest for Happiness
- Learning to Live a Spiritual Life
- Destiny and the Law of *Karm*
- *Karm* and *Karm Yog*
- *Karm*, *Gyan* and *Bhakti*: The Three Paths to God
- The Gita: How to Find Happiness in Today’s Modern World
- The Ancient Knowledge of the Upanishads: The Secrets of God Realization
- The Final Limit of *Yog* and Beyond: The Truth of Patanjali Yog Sutra

Every program includes chanting meditation (*kirtan*), a talk, and question & answer.

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Swami Nikhilanand resides at Barsana Dham *ashram*, a beautiful temple and retreat center on 200 acres near Austin, Texas. Born in Canada, he worked for many years as a professional wilderness guide in the remote regions of British Columbia. He took his first solo trip into the wilderness at the age of 16. At the age of 17, he left for New Zealand and Australia, where he toured on mountain bike for a year. Underlying his spirit of adventure was a deep spiritual longing. His life-long search led him to India, where he met Jagadguru Shree Kripalu Ji Maharaj, a renowned and respected spiritual leader. Under his guidance he studied Sanskrit scriptures, meditation and devotional music, and found the inner fulfillment he had been seeking.

He was given the renounced order of *sanyas*, and with his teacher’s blessings he leads chanting meditation and offers talks and workshops throughout the United States. He effortlessly bridges the gap between East and West and gives us practical insight into how to improve our everyday life, inspiring us to awaken our inner spiritual potential.

“Chanting meditation or *kirtan*, when practiced with an open heart, affects all the layers of the mind simultaneously and can bring forth an experience of *divine love consciousness*.”