

A Spiritual Journey to Kanha Shanti Vanam

Many AAPI delegates visited and stayed overnight at Pearl Hotel in Kanha Shanti Vanam of Heartfulness Institute and Sahaj Marg on January 3rd- 4th, 2022 during AAPI GHS in Hyderabad. We all had a very pleasant experience on the serene grounds and spiritual environs of Kanha. We were graciously greeted by volunteers of Kanha Ashram on January 3rd afternoon and proceeded to go to world's largest meditation center located on the Ashram, where we participated in a national event organized at the ashram and attended many dignitaries including yoga master Baba



Ramdev, who led a yoga and Surya namaskar practice. We were later served a delicious sattvic dinner followed by a musical rendition by young student and volunteer members of the ashram late into the night with a generous serving of sweet and tasty desserts. Next day on January 4th we were taken on a tour of Ashram and were shown the various horticultural and water

conservation projects that has turned an arid and dry Deccan plateau into a Forest of Peace where nature and humanity live in harmony and sustaining each other. We also visited Media Center, Conference and convention center, Ashram Learning Center, Medical Center, as well as the various monuments, iconic structures that symbolize man's spiritual journey and quest for the ultimate realization and unison with universal spirit. It was a revelation of limitless possibilities. The visit culminated with the most fulfilling experience of meeting and listening to the spiritual master of Sahaj

Marg **Daaji**, with whom we a meal and listen to his aspects of spirituality and material world without heartfulness meditation can be infinite potentialities by one harmony, tranquility, and humanity. This memorable and was planned upon the Chandra Koneru and Murty



we were blessed to share discourse on various engagement in the attachment and how practiced realizing and all to forge path of peace for global beautiful experience suggestion of Drs. Gokula and made

possible by tireless efforts of Mr. Sanjay Sehgal, Ms. Snehal Deshpande, Mr. Madhav Reddy, and many other volunteers of Kanha, who made sure all the visitors were taken care of, to the utmost. Everyone felt fulfilled and promised to return for a longer and more immersive experience next time and eagerly looking forward to it. - Ravi Kolli, MD, President elect, AAPI