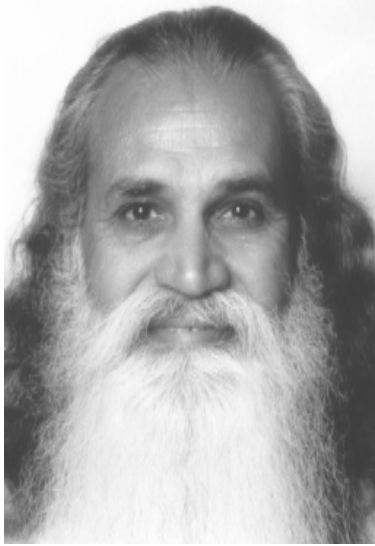


# BIOGRAPHY OF SRI SWAMI SATCHIDĀNANDA



His Holiness Swami Satchidānanda is one of the most revered Yoga Masters of our time. Swami Satchidānanda's teachings and spirit guide us toward a life of peace—individual and universal—and to religious harmony among all people.

Swami Satchidānanda is the Founder and Spiritual Guide for the worldwide Integral Yoga Institutes. Integral Yoga as taught by Swami Satchidānanda combines various methods of Yoga, including Haṭha Yoga, selfless service, meditation, prayer, and a 5,000-year-old philosophy that helps one find the peace and joy within. Integral Yoga is the foundation for Dr. Dean Ornish's landmark work in reversing heart disease and Dr. Michael Lerner's noted Commonweal Cancer Help program.

Born in South India in 1914, Swami Satchidānanda attained Mahāsāmādhī (a God-realized soul's conscious final exit from the body) in 2002. Before leaving the body, Swami Satchidānanda talked about His role after Mahāsāmādhī. His promise to continue to guide His devotees was very clear. He told His devotees: "I will always be with you in Spirit. Even if My body is not there, you will never be without Me."

Satgurus are ever in a state of full divine consciousness which transcends life and death. Due to their infinite compassion, their love and protection for their devotees is never-ending. Swami Satchidānanda spoke about the special blessings that would emanate from Chidambaram, His Mahāsāmādhī shrine. He told devotees: "When the day comes that I leave the body, you will be able to come here to receive the answers to your questions and the solutions to your problems."

We are grateful this is our experience since Swami Satchidānanda's departure from the body. We deeply feel His spirit, presence, and blessings pervading all of Yogaville, especially here in Chidambaram.

As for the continuation of His work, Swami Satchidānanda purposefully named no spiritual successor. He will always be the Satguru and guiding light for Satchidānanda Ashram, the Integral Yoga institutes and centers, and His many devotees. He will continue to impart His teachings to sincere seekers who are drawn to this path through His senior disciples, whom He personally trained for many years.

Swami Satchidānanda was ordained as a monk in 1949 by His master, His Holiness Sri Swami Sivananda Mahārāj, founder of the Divine Life Society, Rishikesh, India. From the beginning of His spiritual service, Sri Gurudev was a leader in the interfaith movement. His motto, "Truth is One, Paths are Many," is an integral part of His teachings.