

# Sri Ganapathy Sachchidananda Swamiji

MAUNA  
SILENCE

NADA  
SOUND

Mauna and Nada in Flüeli-Ranft and in Sarnen  
25.-30. June 2016

**S**ri Swamiji gives us great joy by coming to Switzerland again in the summer 2016. As in 2013, the Mauna Seminar (Mauna = stillness, silence) as well as the Sunday celebration, will take place in Flüeli Ranft. The concert on Saturday evening will be held in the 'Aula Cher' in the nearby town of Sarnen as the prelude for this special event. Accommodation will once again be available in the beautifully renovated Paxmontana Hotel. The seminar and Sunday celebration will be held in the Flüematte community hall, in Flüeli-Ranft.

Flüeli-Ranft is situated in the foothills of the Swiss Alps with a beautiful view of the lake and mountains. It is the birthplace and subsequent work place of the Swiss national Saint Niklaus von der Flüe.

## Nada Sagara Concert on Saturday, 25 June 2016, in the 'Aula Cher' in Sarnen

Sri Swamiji uses music as the main medium to convey His spiritual message. He uses the universality of sound to reach the audience, going beyond the limits of human concepts, religious views and opinions.

The saying, that music frees the soul from the dust of daily life, aptly describes Sri Swamiji's music. He calls it: "Music for Healing and Meditation".

In His concerts we experience a unique blend of the traditional and modern. Sri Swamiji chose the synthesizer as the instrument to recreate the diversity of sounds from many different instruments, as well as the amazing sounds from nature and the universe. At the same time, He orients His music to the raga and tala system - melody and rhythm - of the Indian classical music, and is accompanied by a group of exceptional musicians playing the violin, flute, tabla and mrdangam.

Sri Swamiji is a prominent composer and lyricist, who has composed more than two thousand songs - bhajans and kirtans - in several different Indian languages. He has been awarded a doctorate from the University of Bellary for His research in music and sound.

The Aula Cher in Sarnen was designed and built by nine local corporations, to create a center for art, culture and social exchange. It is a place of connection for people of many different backgrounds and interests. Sayings that adorn the walls such as, "Some people contemplate for a long time and don't think anything doing it", indicate an open mind. Nine poplar trees planted nearby represent the nine corporations. A very appropriate place to experience Sri Swamiji's music.



### Concert ticket sales

There are three price categories for the benefit concert on Saturday evening, 25 June.

**Category Sponsor:** Tickets for CHF 108 / € 100

**Category A:** Price for adults CHF 50 / €45;

Price children CHF 25 / €20

**Category B:** Price for adults CHF 25 / € 20;

Price children CHF 15 / €10

The sponsor seats are numbered.

The concert tickets can be ordered with the registration. They will be sent out after April 1.

**Sponsor tickets can only be bought through us.**

### Advanced ticket sale

After 15.03.2016 the concert tickets can be bought at Startickets and at advanced ticket sales with the password "Nada Sagara": [www.starticket.ch](http://www.starticket.ch). Online or telephone orders.

Tel number in Switzerland: 0900 325 325 (CHF 1.19 / min on landlines), in Germany 0900 325 0 325 (€ 0.99 / min on landlines) and from other countries: 0041 900 325 325.

Families with children will be given seats on the edge of the rows. They are requested to leave the room if the children are restless. Sri Swamiji recommends children aged 7 or older attend the concert.



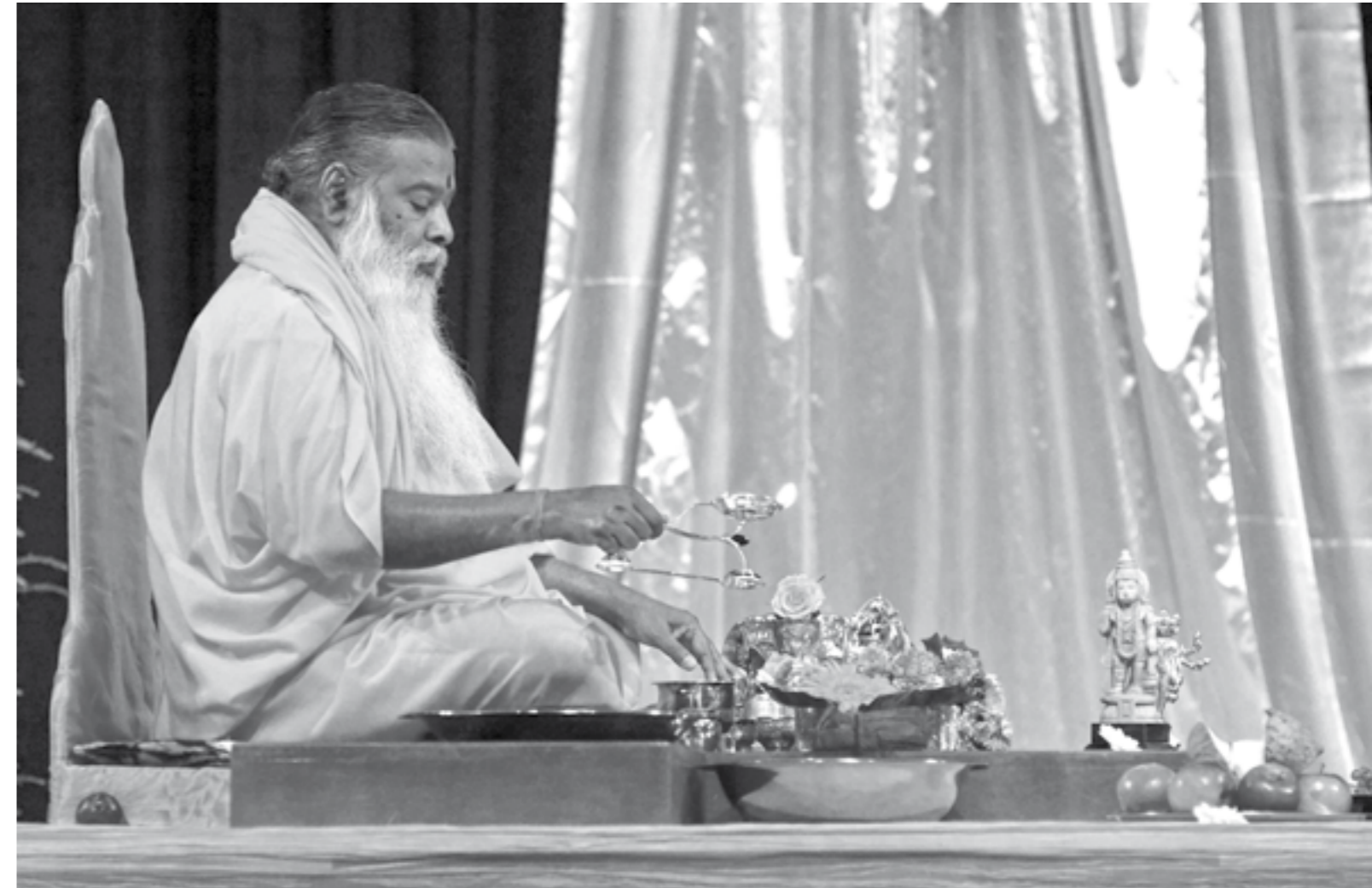
### Bus transport to the concert

A bus will be organized to take people from Flüeli-Ranft to the concert for the cost of CHF 10 / 9€. If you wish to take this bus, please note this on the registration form.

## Puja and Homa Celebration on Sunday, 26 June, 2016 in the Flüematte Community Hall

Puja is a ceremony consisting of a series of symbolical actions that mentally invite a God, just as a guest is received and taken care of. Various gifts such as flowers, rice, light, fruit and water are offered, representing the five elements of earth, water, fire, air and ether. Each action is accompanied by the chanting of a mantra and has a symbolical meaning, for example, light represents knowledge, flowers represent spiritual inspiration, fruit for the opening of the heart etc.

Homa is a ceremony in which an offering is given to a sacred fire "Agni". The honoring of nature, with Agni as the driving force, has been widespread in India since ancient times. Agni is considered to be the messenger, bringing the offerings to the God honored by the ceremony. The smoke of such a sacred fire is healing, cleansing and empowering through the addition of special herbs and ghee (Indian butter).



### Bala Datta – children's program, Monday 27.06 – Wednesday 29.06.2016

During the Mauna Seminar we will offer a Bala Datta children's program from 9:30 – 12:00 and from 15:30 – 18:00. Children (3 years and older) will be taken care of during this time. All parents are requested to help at least ½ to 1 day.

Vanaja is the coordinator: [barbara@lonborg.dk](mailto:barbara@lonborg.dk).

## Mauna Seminar with Sri Swamiji, Monday to Wednesday, 27 – 29 June 2016

We are very happy to be able to be in silence with Sri Swamiji for this 3 day seminar. Sri Swamiji has increasingly been proclaiming the value of silence, in India and other countries, ever since the first Mauna Seminar in 2013. When Sri Swamiji announced His visit, it seemed to be out of the question that there would be another Mauna Seminar in Switzerland. He said, "Simply sit and meditate, practice Kriya Yoga, silent prayer, and silent mantra chanting in Sri Swamiji's presence. Sri Swamiji may, or may not speak. Silence is the subject". That means we will be silent for these three days, so we can really look within ourselves, and with Sri Swamiji's blessing and in His presence, experience deep stillness: A truly unique occasion. Those who wish to deepen this experience may continue their silence in the evenings and in their room.

Sri Swamiji has requested that 'sattvic' food (light nutrition that is neither spicy, sour nor too salty) be cooked during the three day seminar, and if possible, people skip breakfast. Herbal tea and fruit will be available instead of breakfast, and there will be bread for people who need to eat something due to health reasons. Please note this on the registration form.

Children 12 years and older may participate in the Mauna Seminar.

### Seminar costs

The seminar costs CHF 330 or €300. Participants who will only attend on Sunday, can voluntarily make a donation towards the overhead costs. All the income from this event after deduction of expenses, will be donated to the social projects at Datta Peetham.

## Overview of the Provisional Program

**Saturday, 25.06 2016**

**Nada Sagara Concert at 19:30 in Aula Cher in Sarnen**

- 14 -16:00 Arrival and check-in at the Paxmontana Hotel and Guest House for early bookings. (from Saturday to Sunday there are only three quarters of the rooms available for us, so we recommend early booking).
- 17:00 Evening meal for people who have checked into the Paxmontana Hotel and Guest House and booked the evening meal.
- 18:00 Bus transport from Flüeli-Ranft to the concert hall and return after the concert to Flüeli-Ranft.

**Sunday, 26.06.2016**

**Puja and Homa Celebration at 10:00, Flüematte Community Hall**

- 10:00 Celebration begins
- Around 13:00 Prasadam in Paxmontana Hotel
- 14 – 15:00 Check in at the Paxmontana Hotel and Guest House for those who are arriving on Sunday. Seminar registration for those who are staying elsewhere. They will receive the welcome letter with detailed information about the event.
- 19:00 Bhajans with Sri Swamiji.

**Monday 27.06. – Wednesday 29.06.2106**

**Mauna Seminar in the Flüematte Community Hall**

The seminar schedule is: 9:30 – 12:00 and 15:30 – 18:00  
Sri Swamiji will probably attend the seminar from 10:00 – 12:00 and 16:00 – 18:00.  
Before the seminar begins in the morning, one may participate in the Kriya Yoga class or go on a silent walk.

**Mauna is to be practiced from 06:00 – 18:00**

All participants must be silent the whole day, including during lunch. You can also be silent during dinner as well. During the seminar you may meditate, practice Kriya Yoga, chant mantras silently, write, read or go for a silent walk. Sri Swamiji requests that you spend as much time as possible in the seminar room.

The seminar room will be open from 09:00 in the mornings and from 14:00 in the afternoons.

Evening program from 20:00 – 21:00

Theme is not yet known. Sri Swamiji will probably not attend.

**Thursday, 30.06.2016**

**Departure in the morning and farewell to Sri Swamiji at Paxmontana Hotel**  
(The time of Sri Swamiji's departure will only be known a short time in advance.)



Silence doesn't only mean to be silent and not speak. In truth, it means to silence the sense organs, as well as thoughts and doubts.

Sri Swamiji

## Accommodation

We are very happy that we will be able to rent the entire beautiful Paxmontana Hotel if we have enough bookings. Sri Swamiji blesses us by staying in the hotel. The number of rooms is limited, especially the single rooms. There is less expensive accommodation available in the nearby Guest House which belongs to the hotel. The various room categories and prices are clearly stated on the registration form. The costs of accommodation and meals will be totalled with the cost of the seminar and concert ticket and paid in a single amount to DYC Switzerland or DYC Germany.

For price reductions or partial payments please contact:  
Saraswati de Boer, mauna.seminar@gmail.com

Since we will be in silence in the whole hotel during the seminar and children cannot be expected to be silent, we recommend parents with small children book in the Guest House. There will be a separate dining area for families with children in the Paxmontana Hotel, where talking is allowed.

### Please note:

The hotel will not accept any reservations directly between 25.06 – 30.06.2016. All reservations for the Paxmontana Hotel and for the Guest House for this period must be made with the registration form and sent to DYC Switzerland.

Participants who wish to arrive on Saturday and stay overnight on Saturday till Sunday can do this by entering it in the registration form. We will accept these reservations for the extra night up until 15.03.2016. After this date all reservations or changes for the night of 25.06 till 26.06.2016 must be made directly with the Paxmontana Hotel. In both cases, please mention that you are participating in the Datta Yoga Center Silent Seminar.

Payment for this extra night, with the option of dinner, must be given to the hotel upon arrival. Further accommodation options for the Saturday night to Sunday are listed in the section on weekend visitors.

The room reservations will be made according to the order the registrations are received. We will assign the room categories. Paxmontana Hotel will allocate the individual rooms.

Please note on the registration form with whom you wish to share a room.

**If you would prefer to have vegan meals rather than vegetarian meals, please note this on the registration form.**

### Hotel address

Hotel Paxmontana, Dossen 1, CH 6073 Flüeli-Ranft  
www.paxmontana.ch, info@paxmontana.ch  
+41 41 666 24 00



## Registration and payment information

Your written registration is binding. Please send the fully completed registration form by 20 February 2016 to Susanna Sarasin, Olivenweg 12, 3018 Bern, Switzerland. Or by email to:

**booking.swamiji.switzerland@gmail.com**

Soon after registration you will receive confirmation, by post, of your room category and the bill. The registration for room categories and concert seats will be processed in the order they are received.

Registration is confirmed when payment for the whole amount or partial payment has been received by DYC Switzerland or DYC Germany in €. Payment is due by 15.03.2016. The chosen room category cannot be guaranteed without payment.

This payment deadline is so early, because we need to make a first payment to the Paxmontana Hotel at the end of March, and at this time we need to make a decision about whether to book the hotel exclusively for us.

### Payments by participants from Switzerland and non „Euro-countries“

Account at Postfinance AG, Mingerstrasse 12, CH-3030 Bern  
Recipient: Datta Yoga Center Switzerland, Bächlerstrasse 55, CH-8046 Zürich

Account Number: 85-288830-2  
IBAN: CH14 0900 0000 8528 8830 2  
SWIFT oder BIC: POFICHBEXXX  
Clearing Number: 9000 oder 09000

**Please note the name of the participant named in the registration and the purpose of payment as “Flüeli-Ranft 2016”.**

### Payments by participants from „Euro-countries“

Account: Deutsche Bank, Düsseldorf  
Recipient: Datta Yoga Center Germany, e.V, Kreuzbergstrasse 72a, 40489 Düsseldorf, Germany

Account Number: 6433031 05  
IBAN: DE15 3007 0024 0643 3031 05  
BIC: DEUTDE33HAN

**Please note the name of the participant named in the registration and the purpose of payment as “Flüeli-Ranft 2016”.**

### Cancellation

Cancellations made before 15.03.2016 will be charged CHF 60/ € 50, after 15.03.2016 the accommodation will be refunded only if another participant takes their place. Refunds of the seminar costs between 15.03 – 15.05.2016 will be 50%. After 16.05. there will be no refunds. Concert tickets cannot be refunded.

## Weekend visitors

Guests who are only visiting on the weekend must also fill in the registration form in the relevant section, but need to book accommodation themselves. The nearest places to Flüeli-Ranft are: Sachseln, Sarnen and Gilswil. The following websites list accommodation in the area.

[http://www.flueliranft.ch/unterkunft/hotels\\_sachseln.htm](http://www.flueliranft.ch/unterkunft/hotels_sachseln.htm), +41 41 661 06 61  
[http://www.flueliranft.ch/unterkunft/hotels\\_fueliranft.htm](http://www.flueliranft.ch/unterkunft/hotels_fueliranft.htm), +41 41 661 06 61  
<http://www.giswil-tourismus.ch/unterkuenfte/hotels.html>, +41 41 675 17 60  
Obwalden Tourismus: [www.obwalden-tourismus.ch](http://www.obwalden-tourismus.ch), +41 41 660 50 40.

We recommend early booking !  
Paxmontana Hotel will not accept weekend bookings or seminar bookings. Lunch on Sunday is open to all visitors.

## Travel information

### By car

**From Basel:** Motorway A2 direction Luzern

**From Zürich:** Westring A4 direction Gotthard/Luzern, change to A2 to Luzern.

Drive past the Luzern exit in the direction of **Gotthard/Interlaken** (many tunnels). Take exit **30** from the motorway and drive direction **Interlaken/Sarnen**. Take exit **35** direction **Sarnen Süd/Sachseln**. In Sachseln turn left to go up the mountain to Flüeli-Ranft.

There is plenty of free parking available in the village center, which is a 3-4 minute walk from the hotel. There are no parking places directly at the hotel.

### By public transport (www.sbb.ch)

Train connections to Flüeli-Ranft on **Saturday, 25.06.2016** (change to the bus in Sachseln at the train station)

from	Basel	Zürich	Zürich airport	Bern	St. Gallen
Dep	12.17	13.04	12.47	13.00	11.42
Arr Zürich HB					12.53
Dep Zürich HB					13.04
Arr Luzern	13.30	13.49	13.49	14.00	13.49
Dep Luzern	14.05	14.05	14.05	14.05	14.05
Arr Sachseln	14.27	14.27	14.27	14.27	14.27
Dep Sachseln	14.32	14.32	14.32	14.32	14.32
Arr Flüeli-Ranft	14.44	14.44	14.44	14.44	14.44

Train connections to Flüeli-Ranft on **Sunday morning, 26.06.2016**

from	Basel*	Zürich	Zürich airport	Bern	St. Gallen
Dep	07.31	08.04	07.47	08.00	06.42
Arr Zürich HB					07.53
Dep Zürich HB					08.04
Arr Luzern	08.55	08.49	08.49	09.00	08.49
Dep Luzern	09.05	09.05	09.05	09.05	09.05
Arr Sachseln	09.27	09.27	09.27	09.27	09.27

\*change in Olten on the way to Luzern from Basel

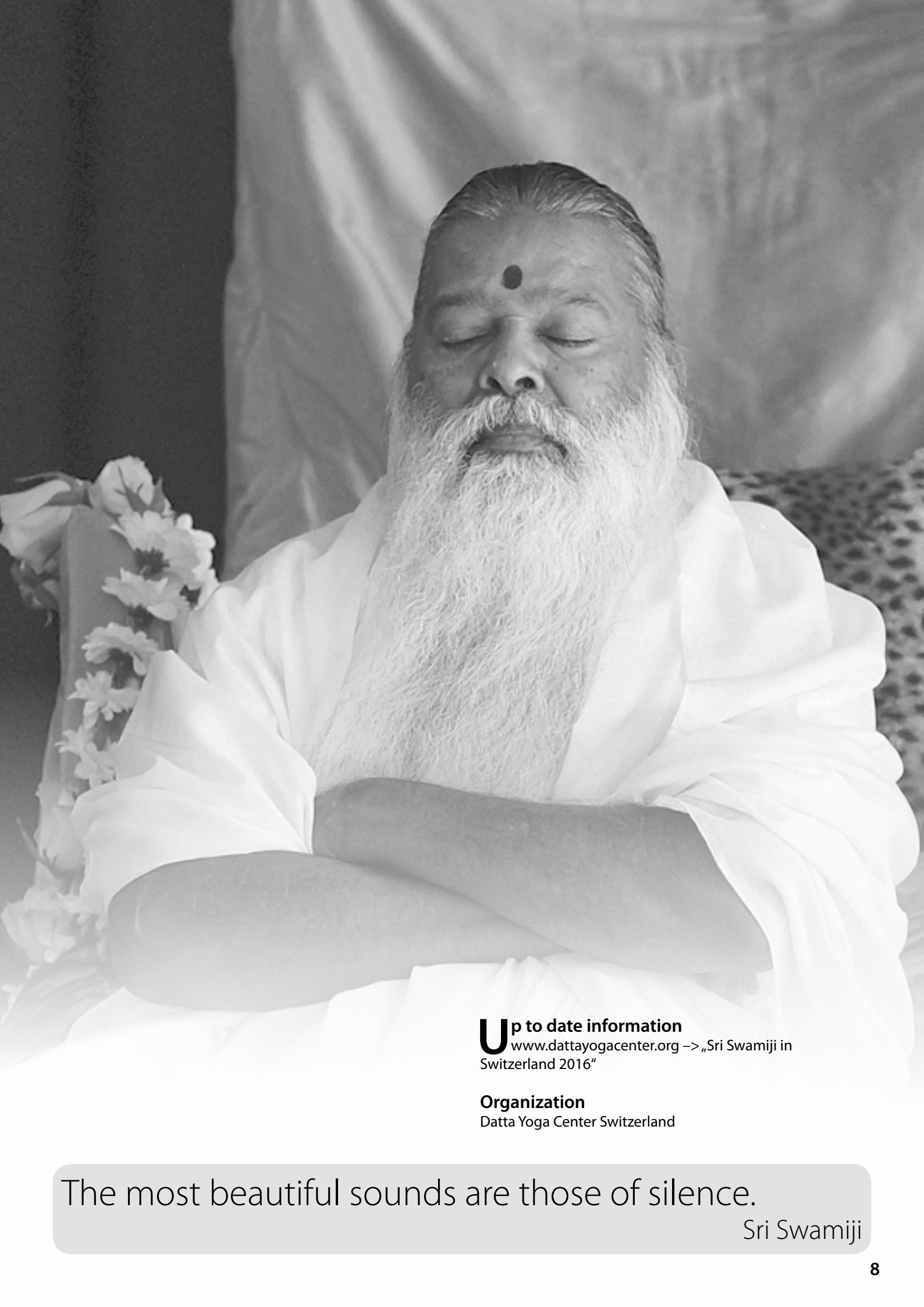
**On the mentioned arrival time on Sunday morning there is no bus to Flüeli-Ranft from Sachseln.**  
We will organize transport for you. If you are arriving by train at this time and need transport, please mention this on the registration form.

## Contact for further information

### English speaking

Saraswati de Boer  
mauna.seminar@gmail.com  
skype: mauna.seminar  
Tel: 0031 624255611 (mobile), 9am – 9pm  
(CET – Central European Time)





**U**p to date information  
[www.dattayogacenter.org](http://www.dattayogacenter.org) -> „Sri Swamiji in  
Switzerland 2016“

**Organization**  
Datta Yoga Center Switzerland

The most beautiful sounds are those of silence.

Sri Swamiji