

# Frequently Asked Questions

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## Retreat Program FAQ

### **What is the difference between the Benefactors Program and the General Retreat Program?**

As a participant of the Benefactors Program, you are included in all of the activities of the General Retreat Program. In addition, you will enjoy a rare opportunity to spend a day with and meditate in the direct spiritual healing aura of the Master. As a Benefactor, you will experience the divine alchemy of the ages: The sacred alchemical tea ceremony with the philosopher's tablet in a private Satsang (gathering). You will also receive special blessings and healing transmissions from Yogiraj and enjoy the rare privilege of spending a day with Yogiraj in a private small group setting. This is an opportunity to have personal contact with Yogiraj and receive answers to your deeply personal spiritual questions.

### **What can I expect at the retreat?**

- In a peaceful, friendly and open environment, you will learn very powerful yogic meditation techniques that will empower you to evolve towards self-mastery and enlightenment. You will continuously receive the healing transmission of Shaktipat (transmission of Kundalini energy) and the experience of Shivapat (the blissful state of soul consciousness) which will boost your spiritual progress.
- You will learn the immortal science of Kundalini Kriya Yoga. This will burn your negative karma more quickly, help to eliminate emotional suffering and achieve perfect happiness, as well as restore the balance between your body, mind and soul.
- Of enormous importance is the opportunity to have personal contact with Yogiraj and receive answers to your most important and deeply felt questions during Q&A sessions every day.
- Sacred teachings are imparted by spiritual initiation, in which you will learn basic and advanced yoga meditation methods which will deepen your connection with the divine indweller and empower you towards self-realization.
- You will meet and make friends with like-minded spiritual individuals
- You will leave the retreat feeling relaxed, rejuvenated and transformed.
- For program details, please refer to the program schedule.

### **What should I bring to the retreat?**

- Meditation gear: Loose, comfortable (white) clothing suitable for long periods of sadhana (meditation practice), as well as a yoga mat, asana or pillow to sit on.
- Evenings: Flashlight.
- Daytime: Water bottle, sunglasses, sunscreen, and a bathing suit if you plan on using the swimming pool.
- Footwear: Comfortable walking/hiking shoes, sandals.
- Toiletries: Toothbrush and toothpaste, etc. Towels will be provided.

## **I have a physical ailment and cannot sit on the floor for a long time.**

Chairs are provided at the back of the meditation hall. Please mention your special condition and requirements during your online registration in the comment box section so that we can ensure that your needs are met and a sufficient number of chairs are available.

## **I want to bring a child. What should I do?**

The New Life Awakening Retreats have been designed for adult meditators only. If you need to bring your child because of unavoidable circumstances, then please contact us by email at [nycRetreat@siddhanath.org](mailto:nycRetreat@siddhanath.org) to make special arrangements. A babysitting facility is not provided at the retreat.

## **Can I bring my partner with me, even if my partner will not be attending the program?**

Yes you can, however the Himalayan Institute offers separate accommodations for male and female participants on campus. You can either contact the Himalayan Institute to reserve accommodations for your partner or contact us at [nycRetreat@siddhanath.org](mailto:nycRetreat@siddhanath.org). We will be glad to assist you.

## **Can I attend the retreat for only one day?**

The General Retreat Program is from Friday to Sunday. The Benefactors Program is from Thursday to Sunday. A one day program is not offered at the retreat.

## **I want to arrive a day early. What should I do?**

1. **Thursday arrivals (Benefactor Program attendees only)** – You can check in after 4:00 PM on Thursday at no extra cost. Inform Himalayan Institute about your early arrival at 800-822-4547.
2. **Friday arrivals (General Retreat Program attendees only)** – You can check in after 4:00 PM on Friday at no extra cost. Inform Himalayan Institute about your early arrival at 800-822-4547.

## **I want to stay an extra day. What should I do?**

If you want to stay an extra day (i.e. Sunday night and leave on Monday morning), you have two options:

- a. Contact Himalayan Institute directly and make a reservation. Website: <http://www.himalayaninstitute.org/about-us/guest-information/>
- b. Contact us at [nycRetreat@siddhanath.org](mailto:nycRetreat@siddhanath.org) and we will assist you with the reservation. For information on the cost of accommodations, please visit: <http://www.himalayaninstitute.org/about-us/guest-information/>

## **What is considered appropriate clothing for the event?**

Wear loose, comfortable (white) clothing suitable for long periods of sadhana (meditation practice). Please avoid wearing skirts as they are inappropriate for sadhana. White apparel is best because the color assists in the receptivity of spiritual blessings.

## Are there additional customs or etiquette I should be aware of?

- Greet the Master with reverence.
- Touch the Master's feet or the ground where the Master has treaded with your right hand and bring his Grace to your heart (In accordance with the ancient yogic Nath tradition, the left heel is raised to touch the right ankle when doing this). This action helps to mellow the student/disciple's ego and open his mind to divine knowledge.
- During the retreat, please remove your shoes before entering the event hall.
- Pointing your feet towards the Master is disrespectful. Even during meditations that involve lying down, your head should be pointed towards him.
- Take care not to sit on a higher seat than the Giver of Knowledge at spiritual gatherings and empowerments unless directed by him.
- Take care not to interrupt him while he is transmitting spiritual energy, which often happens naturally while he is speaking.

### The hierarchal procedure of paying respect, in accordance with the yogic tradition:

In the presence of the Master, the disciples are expected to bow down and do their pranams first to the SatGuru, the SatGuru Mata, the SatGuru Padukas (the feet impressions of the Master) and the higher masters in the lineage. They can bow or do pranams to the photographs and paintings of the higher masters in the lineage if they are placed anywhere around, but only after paying your respects to the living SatGuru. You do not pay respects by touching feet or bowing down to any acharya (teacher) in the presence of the Master. Only a simple plain "namaskar" conveys very strongly the regards you have for the acharya. However, the total focus and investment of faith and energy should be on the Master in his presence, because he is the initiator and he is the empowerer who takes upon himself the karmic load of the students. In the absence of the SatGuru, the respects are paid in the order of the SatGuru Padukas, and the SatGuru Mata respectively.

### The order of Namaskar:

To peers and equals, both the hands are clasped at heart center. This is called "Namaste". To Guru and seniors, the index finger touches the third eye center. This is called "Pranam". To the SatGuru and deities, both hands are right above your head in the Namaste posture. This is called "Vandana".

## Registration FAQ

### **I want to pay by check. What should I do?**

Please make checks payable to "Hamsa Yoga Sangh" and mail it to 143 Fringetree Drive, West Chester, PA – 19380. Share the name of each participant, program option you are paying for, and your contact information. We may have questions or require clarification before accepting the checks.

**Note:** Sending a check may delay your registration. Keep in mind that space is subject to availability.

## I want to cancel my reservation. What should I do?

Please send an email to [nycRetreat@siddhanath.org](mailto:nycRetreat@siddhanath.org). On the subject line clearly state that you request a cancellation. Attach your registration details with the email. It may take up to 4-6 weeks to process a refund. The cancellation policy is applicable to all refund requests.

## What is the cancellation policy?

- 25% cancellation fee will apply to all cancellations prior to 1 month of the retreat start date.
- **No refunds will be provided for cancellation within a month of the retreat start date.**

## Are payment plans available? I want to pay in installments.

Please email us at [nycRetreat@siddhanath.org](mailto:nycRetreat@siddhanath.org). A volunteer will respond to discuss payment plan options that will work for you. Please note that you must pay the initial deposit amount to secure your lodging and meals before we can establish a payment plan.

## What promotions and incentives are offered?

The only incentive available is the Group Discount.

- General Retreat Group Discount Amount: \$50
- Benefactor's Retreat Group Discount Amount: \$100

See below for the eligibility requirements of the group discount.

## Who is eligible for the group discount?

If you are bringing a new person to the retreat then the new person and you both are eligible for the group discount incentive. Apply the group discount promotion code when you purchase a ticket. This promotion code is not applicable to deposits. **The Group discount code: GRPDISC**

## I am attending the Benefactors Program and my partner is attending the General Retreat Program. Are we eligible to receive a group discount?

Both you and your partner are eligible for the group discount only if at least one of you is attending the retreat for the first time. Please purchase the tickets online and apply the group discount code to each ticket separately. **The Group discount code: GRPDISC**

## Will the deposit option guarantee my choice of accommodation?

We have limited accommodations and they run out fast. Accommodations are allocated on a first come, first serve basis. To ensure you get your preferred accommodation option, please purchase the ticket for that accommodation option. The number of tickets remaining is displayed on the registration page. The deposit option ticket guarantees you a seat at the retreat; however, we will do our best to fulfill your accommodation request based on availability.

## **I paid the deposit already, and I want to pay the balance. What should I do?**

Please choose your preferred accommodation option ticket and apply the promotion code: **DEPDISC**. Your full ticket price will be reduced by the deposit amount you already paid.

For example: You already paid a \$200 deposit. The full price of the commuter option ticket is \$550 for the General Retreat Program. When you want to pay the balance, purchase the commuter option ticket and apply the promotion code **DEPDISC** and it will bring down the price to \$350 (\$550 - \$200). You will only pay \$350.

## Venue Related FAQ

### **Venue Contact Information**

Himalayan Institute

952 Bethany Turnpike, Honesdale, PA 18431

Toll Free: (800) 822-4547

Website: [www.himalayaninstitute.org](http://www.himalayaninstitute.org)

Photo Gallery <http://www.himalayaninstitute.org/about-us/guest-information/campus-photo-tour/>

Accommodation Pictures: <http://www.himalayaninstitute.org/about-us/guest-information/campus-photo-tour/accommodations-hi/>

### **Driving Directions**

Please visit <http://www.himalayaninstitute.org/about-us/guest-information/directions/>

### **Nearby Airports**

#### **Wilkes-Barre/Scranton International Airport (AVP)**

AVP is the nearest commercial airport, approximately a one hour drive by car.

Other nearby airports include:

- Lehigh Valley International Airport, PA (ABE)
- Newark Liberty International Airport, NJ (EWR)
- JFK International Airport, NY (JFK)
- LaGuardia Airport, NY (LGA)
- Philadelphia International Airport, PA (PHL)
- Stewart Airport, New Windsor, NY (SWF)

New York City and Philadelphia are, respectively, approximately 3 and 4 hours drive by car. Add an extra hour driving time during rush hour if you are arriving from New York, Philadelphia, or Boston. The total air/ground trip time may be faster and less expensive to the New York airports than to the Scranton airport.

### **Bus Service**

A direct bus from New York City's Port Authority in Manhattan to downtown Honesdale:

**Shortline Bus:** [coachusa.com/shortline](http://coachusa.com/shortline); 800-631-8405, or in New York City 212-736-4700. (Round trip fare is \$62.00.\*)

Taxi from the bus stop in downtown Honesdale to the Institute also needs to be arranged in advance with Maple City Transit, 570-253-3944. (No credit cards. One-way fare is \$16.00.)

## Taxi Service

### Airport Service to and from AVP

Best Value Passenger Services 570-457-6111

Rate \$85 one-way (includes tip and can fit up to 4-6 passengers)

Rays Driving Service 570-604-4648 or [raymondmorgan33@aol.com](mailto:raymondmorgan33@aol.com)

Rate \$90 one-way (plus 15% gratuity) He can fit up to 4-6 passengers.

### Local from Honesdale to the Institute:

Maple City Taxi 570-253-3944

Taxi from the bus stop in downtown Honesdale to the Institute also needs to be arranged in advance with Maple City Transit. (No credit cards. One-way fare is \$16.00.)

## About Us

### Who is Yogiraj?

Yogiraj SatGurunath Siddhanath is descended from the Solar Dynasty of Ikshavaku Ram and Buddha. He is a born Siddha ("accomplished" -- a Perfected Master, adept in the science of Yoga), who came to Earth on the 10th of May, 1944. Spending his early years in the Himalayas with the great Nath Yogis in whose presence he was transformed, Yogiraj realized the harmony of all yogas, faiths, and religions.

After his supraconscious experience with Shiva Goraksha Nath Babaji, the immortal Yogi-Christ of India, he was blessed to bring to light the closely guarded secrets of the Himalayan Yogis and the "Lightning Path" of Kriya Yoga in its original, pristine form. Yogiraj bestows powerful Shaktipat transmissions and unique Clear-Light Mind states of awareness which empower the practitioner to gradually go into Sahaj Samadhi, experiencing the depths of 'Eternal Being'.

Yogiraj and his wife Gurumata Shivangini (affectionately called Ayie or "Mother" by Yogiraj's students) built the Hamsa Yoga Sangh Mother Center, the Siddhanath Forest Ashram in the gentle valley of Sita Mai outside of the city of Pune, in the Simhagad region. The ashram is available to all sincere pilgrims worldwide to come and rejuvenate spiritually.

### What is the Siddhanath Yoga Parampara – Hamsa Yoga Sangh?

In order to further his vision for Earth Peace and the evolution of human consciousness, Yogiraj SatGurunath Siddhanath founded the Siddhanath Yoga Parampara -- Hamsa Yoga Sangh, a non-profit organization. Hamsa Yoga Sangh currently runs centers in India, Europe, Australia, and the United States.

Hamsa Yoga Sangh seeks to awaken a deeper understanding of the harmony underlying all religions and thus unfold the blossom of love which unites all humanity. The practices of Hamsa Yoga are universal in spirit and complement all faiths and religions.



## Contact Us

The retreat hotline is provided as a courtesy service by volunteers to help you register for the retreat. Please read the FAQ listed below before calling us. Our Hotline is 1-678-YOGIRAJ

### **I have an urgent question and need a response ASAP.**

Please send an email to [nycRetreat@siddhanath.org](mailto:nycRetreat@siddhanath.org) and a volunteer will respond to you as soon as possible.

**Note:** When you contact us via email or phone, please avoid generic questions such as “I want more information” or “I have a question”. Please leave a short and succinct question with a brief description of what you want to know.

### **I need to speak with someone.**

Please call our hotline 1-678-YOGIRAJ and leave a message, or email us at [nycRetreat@siddhanath.org](mailto:nycRetreat@siddhanath.org). A volunteer will get back to you soon.

## Additional Information for Retreat Attendees

### **Personal Mantra Empowerment \*(\$1500)**

The personal mantra of your lifetime will be received from Yogiraj in a private one-on-one setting. The mantra will be charged in a manner which will be unique to each recipient to help them speed up evolution and spiritual progress. The recipient is expected to keep the mantra secret and not to share the mantra with others. The recipient is expected to honor in sacredness the personal mantra empowerment. The personal mantra will be given by Yogiraj with some rules and regulations to follow.

### **Spiritual Name Empowerment \*(\$1500)**

The spiritual name of your lifetime will be received from Yogiraj in the Satsang. The name will be charged in a manner which will generate positive vibrations for them when others call them by their spiritual name. The recipient is expected to honor and live up to the meaning of their spiritual name. The spiritual name will be given with some rules and regulations to follow.

For the vibrations of the personal mantra and/or spiritual name to be effective, Yogiraj might rearrange certain karmas of the individual, as well as take on some of their karmas himself. Giving a personal mantra and/or spiritual name comes with great responsibility for the giver as well as the receiver. The empowerment of the personal mantra and spiritual name are based on the science of sound vibrations.

*\*Yogiraj has the final discretion in empowering a retreat attendee with a spiritual name and/or a personal mantra. If Yogiraj feels that the attendee is karmically not ready then the Guru-Dakshina will be fully refunded. Attendees are advised to bring cash or check payable to “Hamsa Yoga Sangh” for the Personal Mantra and Spiritual Name.*

### **Why do we pay for the empowerment? Isn't spirituality free?**

Spirituality is your birthright. In ancient times, most masters resided in the high Himalayas or deep forests. Spiritual seekers would spend most of their lives searching to find a master who could teach them the inner mysteries of life. Today, because of the compassion and blessings of Mahavatar Babaji, Yogiraj has been given the mission to travel the world and teach the sacred science of Kundalini Kriya Yoga. He is authorized to take a fee to complete the karmic exchange which occurs when a student takes spiritual knowledge from a master. It is an age old tradition in India for students to give a "Guru Dakshina"— a material gift in exchange for spiritual knowledge, which is priceless. Also, it is our experience that the word "free" is often abused by those who do not value the teachings. Giving a technique free makes the giver jointly responsible for the irreverence shown to the sacred practice by not practicing it.

### **Under what lineage does Yogiraj impart the Kundalini Kriya Yoga?**

Yogiraj is the direct disciple of Shiva Goraksha Nath Babaji, who originated the Nath lineage. All the souls empowered by Yogiraj or initiated by one of his authorized/certified teachers are peers (including teachers) under Yogiraj. The initiates are known as Hamsas (Soul Swans) and belong to the Siddhanath Yoga Parampara, a lineage founded by Yogiraj through the blessings of the immortal Mahavatar Babaji.

### **After taking empowerment from Yogiraj, does one need to consider Yogiraj one's Guru?**

The empowerment or initiation connects you with the time immemorial Nath lineage of Masters, especially with Yogiraj and Babaji. One does not need to consider Yogiraj as one's Guru. According to Yogiraj, one begins as a student. The discipleship is earned at the appropriate time after sincere practice of Kundalini Kriya Yoga. Yogiraj stresses to practice and he will grace the practitioner with discipleship at the right time. Whether one accepts Yogiraj as their Satguru or not, Yogiraj has promised to always guide and help sincere practitioners even if they are far away. Regarding this matter, many testimonials have been given by practitioners on how Yogiraj has helped, healed and/or guided them – either personally, in a dream visitation, or during meditation – among other miracles. For testimonials kindly visit our online community at <http://community.siddhanath.org/>

Ultimately, the Guru chooses you and not vice versa. You may or may not call Yogiraj your Guru; that is your choice. There is no obligation. Yogiraj considers himself a servant of humanity, and has created the Siddhanath Yoga Parampara for your benefit in order to give you the Kundalini Kriya Yoga for your spiritual evolution and personal sadhana, and a ComeUnity Humanity support system to help you along the path.

Yogiraj's compassion is infinite. To learn more about Yogiraj and his mission kindly visit [www.siddhanath.org](http://www.siddhanath.org)

### **What is the importance of a SatGuru and meeting Yogiraj?**

When a person has a capable SatGuru, sincere spiritual practice will bear fruit more quickly. The SatGuru has walked the lightning path to God-Realization and with his wisdom and grace he can be a guide to light the way, boosting one's evolution when needed and removing obstacles in one's spiritual path. Yogiraj helps one to deal with the effects of Prarabdh Karma (current karma; the arrow has left the bow), and also helps to remove one's most potent and malefic Agami Karma (expected karma; the arrow that is ready for shooting) that would put obstacles in the way of sincere spiritual practice. The SatGuru acts as a step-down transformer to regulate the incoming flow of cosmic kundalini energy for his student/disciple so they can capacitate and absorb it without getting burnt out. If you needed someone to teach you the ABC's while growing up, think about how much more you need someone to guide you in the spiritual matters of life and death.

The litmus test of a true SatGuru is that he must bestow all three graces. Yogiraj is a rare Master who can bestow the healing experience of Shaktipat (the transmission of Kundalini energy), Shivapat (the sharing of his Samadhi – the enlightened consciousness of still-mind awareness), and Pranapat (the transmission of the Pranic life consciousness – the Master breathing through one's breath to diffuse negativity and evolve consciousness). To meet Yogiraj, kindly visit [www.siddhanath.org/meetyogiraj](http://www.siddhanath.org/meetyogiraj)