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## Swami shares peaceful philosophy with Utahns

By Jason Bergreen  
[The Salt Lake Tribune](#)

SOUTH JORDAN - Utah doesn't make Swami Adhyatmanandaji happy.

Happiness comes from within, says the Hindu religious teacher, not from a place or another person.

"To me, wherever I stay is happiness because I carry my happiness within me," says Swamiji, as he is also called.

Dressed in salmon-colored robes, the world-renowned swami from Ahmedabad, in western India, spoke and prayed with more than two dozen followers each day last weekend at the Sri Ganesh Hindu Temple of Utah.

His visit was one of 13 stops on his Divya Tour 2006. His Utah workshops were on stress management through yoga and Hindu scripture.

As the smell of incense hung heavy in the air of the temple, Swamiji encouraged those in attendance to use their minds to simplify life by being humble, courteous, kind and loving. He poked the air with his fingers and frequently made jokes to get his point across.

"What is the difference between the trainmaster and the schoolmaster?" Swamiji asked. "One trains the mind and one minds the train. You have to mind the mind," he answered.

After the workshop, Riverton resident Radene Smith skimmed a table covered with books and compact discs by Swamiji.

"There's so much wisdom behind what he says, and yet it is so simple," Smith said.

"His teachings apply to all, regardless of religion or walk of life. He's very humble. He speaks to the person."

The short, bespectacled man has spent the past 35 years of his monastic life traveling and teaching yoga, meditation and pranayam, or



Swami Adhyatmanandaji leads a meditation and breathing exercise during a stress-management workshop in South Jordan. (Melinda Hom-Williams/The Salt Lake Tribune )



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breathing exercises.

He speaks 15 Indian languages and English and offers blessings and spiritual talks.

"Whenever I talk, I feel the presence of God," Swamiji said. "I'm expressing his happiness and his joy."

Stress, Swamiji said, comes from greed, jealousy, hypocrisy and

poking your nose in other people's business. A person's true nature, though, is happiness and peace.

"The mind can create heaven or the mind can create havoc," he said.

Meditation can combat stress and bring peace and happiness from within.

When you can control your body, you can control your breath, he said.

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"When you can control your senses, you can control your mind. When you can control your mind, you can control intelligence. When you can control intelligence, you will have peace.

"All common sense comes with understanding of the self," Swamiji said.

University of Utah biology researcher Sethu Marayanan, who came to Utah from India two months ago, said he attended Swamiji's workshop to learn to be less judgmental of others.

"It's been very nice to listen to him talk," Marayanan said. "He's an encyclopedia of knowledge and wisdom. Wisdom is not something easy to get."

When not lecturing, Swamiji conducts blood-donation camps and plants trees. He has conducted more than 230 camps and planted more than 70,000 tree saplings around the world.

**[jbergreen@sltrib.com](mailto:jbergreen@sltrib.com)**

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