



HIMALAYAN
INSTITUTE®

2008

Annual Meeting Report

Himalayan International Institute of
Yoga Science and Philosophy of the USA

THE ANNUAL MEETING of Initiate Members of the Himalayan International Institute of Yoga Science and Philosophy of the USA was held on October 4, 2008 at the Institute's headquarters campus in Honesdale, Pennsylvania. Chairman of the Board Irene (Aradhana) Petryszak chaired the meeting, and Suzanne (Sujata) Grady, Secretary of the Board, recorded the minutes.

Ms. Petryszak welcomed Initiate Members and friends to the meeting, and introduced Pandit Rajmani Tigunait, Ph.D., Spiritual Head of the Institute; Rolf Sovik, Psy.D., Spiritual Director; Deborah Willoughby, President; Gregory Capitolo, Treasurer; and Suzanne (Sujata) Grady, Secretary.

The Chairman invited Himalayan Institute department managers and directors to present reports on project highlights of the past and coming year.

YEAR-LONG MEDITATION PRACTICE

Sandra Anderson, Year-Long Meditation Practice Coordinator, reported that the Year-Long Meditation Practice (*akbanda japa*), began with the lighting and invocation of the sacred flame on November 2, 2007. She explained that the flame serves as a locus for the divinity which all of us wish to experience in life, and meditation in its presence infuses our minds and hearts with a sense of peace and sanctity. We have been the first to benefit from our intention to create a sacred place that gives all who take part in it an experience of collective intention and the transformative power of a systematic and authentic practice. But beyond personal transformation, the intention and result of the practice has been to create a transformation in the collective consciousness, radiating out not only to the local community, but to the growing international Himalayan Institute family, and the worldwide community. In this year, we have seen an influx of residents and members drawn to our humanitarian work, eager to serve in whatever way they can. We have seen the local community of Honesdale become inspired to participate in humanitarian projects in Cameroon, and we have seen our service-oriented activities grow around the globe.

The Year-Long Meditation Practice will conclude with two special programs in November 2008, with the final offering at the Kamakhya shrine in

India in February, 2009. We will move the flame to the campus third-floor meditation room and extend our offer of 10-day meditation intensives with tuition-free weekend seminars and weekday educational elements throughout the next year. As we near the end of our Year-Long Meditation Practice to constantly attend this sacred flame, we have succeeded in meeting our commitment. Thousands of hours of practice, by hundreds from around the world, have been documented. All who have come have found their hearts uplifted, their minds quieted, and their practice and inner awareness intensified. We hope and pray that the seeds we are planting will be effective in healing the wounds in the fabric of collective consciousness, and in re-establishing peace and harmony in the world. We at the Institute are honored to tend the flame, to invite all seekers of peace to join us, and to share and serve those who also wish to connect to the living core of consciousness.

MEMBERSHIP AND EDUCATIONAL PROGRAMS

Suzanne Grady, Secretary, reported that the Institute's invitation to "Share, Serve, and Make a Difference" by becoming a member was accepted by an ever-growing number of people this year. Thousands of Himalayan Institute members span the globe. They share a commitment to personal transformation and a keen interest in joining with like-minded people to do their part in transforming the world. Among the benefits of Himalayan Institute membership are premium website content that includes a treasure-trove archive of audio and video resources, which will continue to grow through the years, and educational program offerings in Honesdale, exclusively for members.

Turning to educational programs, Ms. Grady reported that the seminars, retreats, and residential programs offered at our main campus continue to be the heart of the Institute's services. Here the



teachings of our founder, Swami Rama, Panditji, and the sages of the Himalayan tradition are shared on a daily basis. People absorb what they hear, see, and do, and it has a catalyzing effect on their lives, and the lives of those they touch. The Self-Transformation Program continues to be the core of our educational programs, with good attendance and gratifying feedback from participants. The Year-Long Meditation Practice inspired many students to join us to sit in attendance of the sacred flame, and weekend seminars on yoga, healthy living, meditation, spirituality, and spirituality in action, as well as meditation retreats and yoga teacher training programs, grew, with program revenue doubling this year. Program highlights include:

- The completion of a full year of seminars and weekday intensives, taught primarily by Panditji during this Year-Long Meditation Practice. We had a range of seminar topics including the *Practice of the Netra Tantra, Agni Vidya—Science and Practice of the Sacred Fire, Tantric Yoga—Tantric Ayurveda, The Synergy of Prayer and Meditation, Restoring the Soul of Africa, Spiritual Impetus for Energy Farming, and Yoga for 50+*.
- Panditji unveiled the Institute's new signature program, *Sutra Yoga*, designed to present the full range of authentic yoga practices as delineated by that great preceptor of our tradition, Patanjali, in his *Yoga Sutra*.
- The Institute was honored to welcome the most respected Samdhong Professor Rinpoche, Prime Minister of the Tibetan government in exile, to our Honesdale campus in July 2008. Professor Rinpoche presented an inspiring and world-wise lecture, entitled *Uncompromising Truth in a Compromised World*, to 500 attendees who traveled from all over the northeastern United States. He also met with Institute representatives to discuss a partnership for bringing the Himalayan Institute Community Center humanitarian project model to Tibetan refugee settlements in India. More details on this project are noted later in this report.
- We were also privileged to welcome several renowned guest teachers for program presentations this year, including Rama Berch, Linda Johnson, Doug Keller, Gary Kraftsow, Shiva Rea, and Rod Stryker. They joined us in front of the sacred flame, inspired their students to join us, and donated their time and expertise in honor of the meditation practice this year.

- We will officially conclude the Year-Long Meditation Practice of *abhanda japa* in November 2008 with a 10-day program that will include seminars with Panditji, *Pursuit of Power and Freedom*, November 7-9, and *Spirituality in Action*, November 14-16, along with the final weekday intensive of the Year-Long Meditation Practice, between the seminars.

PILGRIMAGE TO KAMAKHYA

Shelly Craig, Special Projects Coordinator, reported that the Institute's next spiritual excursion will be *Pilgrimage to the Ultimate Tantric Shrine – Kamakhya*, offered in February 2009. This journey promises to be a profound experience of the most awe-inspiring shakti shrine of India, which is known as the seat of the wish-fulfilling goddess, the courtyard of yoginis, the playground of siddha masters, and the paradise of tantric seekers. The pilgrimage includes visits to Assam, Calcutta, and a weeklong study of tantra with Panditji at the Institute's campus in Allahabad. Ms. Craig noted that students can learn more about Kamakhya by reading the chapter called "My Mother Teacher," in *Living with the Himalayan Masters*, by Swami Rama, and a section beginning on page 171 in the book *Touched by Fire*, by Pandit Tigunait. More information about the spiritual excursion and how to register to join the pilgrimage can be found on the Institute's website.

HIMALAYAN INSTITUTE TEACHERS ASSOCIATION

Dr. Rolf Sovik, Co-Director of the Himalayan Institute Teachers Association (HITA), reported that the Year-Long Meditation Practice also provided an awakening revival of growth for the training of new and continuing teachers of yoga in our tradition. The Institute offers both 200-hour and 500-hour yoga teacher training programs, as well as continuing education seminars offered tuition-free to HITA participants. This past year the 200-hour program was offered in Honesdale, Pittsburgh, Buffalo, and Fond du Lac, WI. Scheduled for 2009 are 200-hour programs in Honesdale, Pittsburgh and Crystal Lake, IL. In 2009, the 500-hour program will be offered in a new format, with two 10-day segments offered in Honesdale in April and August. To facilitate growth and efforts to enhance the program, the HITA office was moved to the Himalayan Institute of Buffalo this year, where a dedicated staff is working on reorganizing files, contacting trainees still in process of completing their post-training work, and transitioning current 500-hour level trainees into the new format.

HIMALAYAN INSTITUTE TOTAL HEALTH CENTER

Carrie Demers, M.D., Medical Director of the Himalayan Institute, reported that the Institute's health services adopted a new name this year, along with the Institute wellness-related products, and are now known collectively as *The Himalayan Institute Total Health Services and Products*. Dr. Demers reported that the Total Health Services Center underwent a face-lift this year, with a beautification of the client and treatment rooms, the creation of an additional steam room, and several very welcome additions to our staff. Wellness services continue in the footsteps of decades of successful holistic health education and care offerings at the Institute, centered around Ayurveda, pancha karma, rejuvenation, massage and yoga therapies, biofeedback training, and life management skills. Dr. Demers noted that she continues to receive stellar feedback from patients and clients on the life-changing information and care they receive from the Total Health Center's dedicated professional staff. She also noted that staff and faculty at the Institute are developing a new rejuvenation and cleansing program to address the health issues she sees every day that, we hope to unveil in summer 2009.



HIMALAYAN INSTITUTE PRESS

Ilsa (Madalasa) Baum, Director of the Himalayan Institute Press (HIP), brought members and friends up to date on activities in this Institute division. She commented first on the successful relationship the Institute began last year with NBN, National Book Network, which has led to increased publishing revenues of 43 percent over the last fiscal year. She announced that the Institute book *China's Sacred Sites*, by Nan Shunxun and Beverly Foit-Albert, which is the first book in a series that will aim to preserve the wisdom of different cultures through the exploration of sacred sites, won three gold awards for Best Book of the Year for 2007 in three different categories. Its distribution in public and university libraries, and museums, has brought HIP to the attention of these difficult-to-penetrate markets, laying the ground for the successful continuation of this series. The second book in this series will be *Mystical Matrix: Sacred Sites of Central India* by Pandit Tigunait. After reviewing the colossal archive of more than 70,000 photographs that were taken throughout India, Panditji graciously agreed to write a book for each of the six geographical regions of India, beginning with central India. Ms. Baum also reported that another HIP book, *Downward Dogs and Warriors*, by Zo Newell, won the Nautilus Book of the Year award for 2007 in the category of yoga.

Ms. Baum went on to note new releases of the last year. The first in a new series of scriptural translations to be released is *The Pursuit of Power and Freedom*, by Pandit Tigunait, a translation and commentary on the *Katha Upanishad*. In addition, a DVD to accompany the popular revised edition of *Exercises for Joints and Glands* was completed, as well as a beautifully and practically designed *Meditation Journal*. Upcoming titles in development are *Secrets to a Well-Nourished Brain*, by Dr. Susan Taylor, and Doug Keller's *Asana Solutions to Everyday Problems*. Ms. Baum also noted that the Institute continues to actively pursue foreign rights agreements for translations of its books. There are currently more than 15 titles in at least as many languages available in the world market.

Ms. Baum concluded by saying that the ancient wisdom of the East is keeping up with the modern technology of the West, as HIP explores the growing field of digital content distribution, namely e-Books. HIP is working to have its books available on both the Amazon Kindle™ and the Sony Reader.™ In addition, more HIP titles will continue to be available for audio download from Audible.com. Institute staff has a commitment to use technology in the best ways to make the teachings widely available in a variety of media.

YOGA + JOYFUL LIVING™

Shannon Sexton, Editor of *Yoga + Joyful Living* magazine, reported that awards for the Institute's excellent publications are abundant this year. She announced that *Yoga+* won a prestigious Folio Award for editorial excellence in the spiritual/religious category this fall. She also reported that newsstand sales have increased, and the magazine has expanded its geographical range of stories to seven continents, with a story about saving the last great continent—Antarctica—which appears in the November/December 2008 issue. *Yoga+* continues to maintain its reputation as the leading authority of yoga, meditation, and spirituality in action. Bloggers from New Jersey to Malaysia have been commenting on and posting *Yoga+* stories, and large media outlets, such as the alternative online news magazine, AlterNet, are reprinting articles. A special report that ran in the January/February issue 2008, called "Yoga's New Activism," will reach AlterNet's 2.3 million readers per month starting later in October 2008.

Ms. Sexton announced exciting changes planned for 2009. Beginning with the first issue of 2009, the Institute will combine the best of *Yoga+* with the

best of the Institute's program guide, *Joyful Living*, to create a magazine that is more clearly identifiable as a publishing arm of the Himalayan Institute, and which will propel the Institute's mission forward in new and inspiring ways. Next year, *Yoga+* will become a quarterly membership-driven publication. We will phase out subscriptions to *Yoga+* and start offering memberships to the Himalayan Institute instead—*Yoga+* will continue to be one of the many products and services that our members will enjoy. Through a variety of marketing techniques, we'll be getting this magazine into the hands of hundreds of thousands of potential new Himalayan Institute members who can learn about yoga philosophy and practice, spirituality in action, and all that the Institute has to offer. We'll continue to cover projects and trendsetters from outside the Institute whose work we respect and want to stand behind, but you'll also hear more about Himalayan Institute programs, products, and humanitarian projects from around the world. Also in the works is a digital version of the magazine, so that we can continue to improve service to our membership as well as reach new people. Our transition to a quarterly publication, along with our digital magazine option, will result in incredible environmental benefits: we're estimating an annual savings of at least 10 million pieces of paper and a reduction of at least 800,000 lbs of CO₂ emissions. It's just one of the many ways that *Yoga+* and the Himalayan Institute are putting our spiritual practice into action — practicing what we preach.

HIMALAYAN INSTITUTE TOTAL HEALTH PRODUCTS

Todd Wolfenberg, Director of the Himalayan Institute Total Health Products line, reported that 2008 has been an exciting and profitable year. We have been working diligently on three fronts to ensure our long-term success and growth.

- The first front is positioning. Consolidating our product names around the strengths of the Himalayan Institute, Varcho Veda became *Himalayan Institute Total Health*. This deliberate effort to focus on the Institute will allow us to leverage the total weight of our collective efforts. From our wonderful humanitarian efforts to our powerful teacher training programs and weekend seminar retreats, we now clearly all share the Himalayan Institute name. Toward this end, we have begun to redesign our packaging throughout the line, from the Neti Pot™ to the herbal botanicals, with a beautiful, modern, and colorful theme that focuses on our core Institute message, highlighting the humanitarian good works that each product supports. We have both the best quality products of their kind, and the charitable good works behind them—and now, we have packaging that is able to communicate



our story effectively.

- Our second main focus of 2008 has been on product development. Dedicated staff has worked hard for several years on a biodegradable, PLA Eco-Neti Pot™ made, amazingly, from corn. Not only will this be the first product released in our new packaging, it will also be eco-friendly and keep the Himalayan Institute on the cutting edge of the green revolution. Just as we introduced the Neti Pot™ to the West in 1972, we are again the industry leader in developing the best, most sustainable products in the industry. The new Eco-Neti Pot™ will be available by November 2008.
- Our third focus of 2008 has been reaching more customers. Our staff has worked diligently on seeking new outlets for our products through vendors and distributors and expanded trade marketing. Efforts have begun to bear fruit. We also got a boost from a demonstration of the nasal wash using our Himalayan Institute Neti Pot™ on a nationally broadcast television program. As a result of all these efforts, our Neti Wash™ line sales grew 40 percent over 2007.

With the new design, name, and the PLA pot, along with other new innovative products in development, the future is looking very bright for our Total Health Product line, concluded Mr. Wolfenberg. We hope to have the complete repackaging of all products complete by April 2009. These changes will help us to reach deeper into the growing yoga and natural health community and add overall value to the Himalayan Institute, with the goal of inviting more people to take part in our programs, humanitarian projects, and overall vision.

HIMALAYANINSTITUTE.ORG

Brian Fulp, Website Director, gave a memorable recap of the 10-year history of the Himalayan Institute website, noting that we have come a very long way in using technology to streamline our work, communicate well, and better serve our members, students, and friends. Mr. Fulp noted that you can now order books, health products, register for a seminar, make a donation, and become a member on our website, as well as listen to audio clips and watch video selections. On our website you can hear inspirational vignettes from Pandit Tigunait's lectures, see pictures from past spiritual excursions, catch up with detailed reports from Himalayan Institute Cameroon through our Humanitarian Projects Blog, or get directions to the Institute campus in Honesdale. Mr. Fulp reported that behind-the-scenes work continues to streamline our order processing even further, and the Institute's audio-video department is hard at work on a host of new programs to add soon to the growing website archives.

HIMALAYAN INSTITUTE HUMANITARIAN PROJECTS

Ishan Tigunait, Director of Himalayan Institute Humanitarian Projects, gave an inspiring and far-ranging report on the Institute's current and upcoming efforts to bring hope, education, health care, and employment to people in need on several fronts. 2007-2008 has been a year of phenomenal growth for the Institute's humanitarian projects around the world, laying the groundwork for a myriad of expansion opportunities in the years to come. Since its grand opening only one year ago, the Himalayan Institute Community Center in Cameroon has successfully graduated from its pilot phase, offering major programs fulfilling the four cornerstones of the Himalayan Institute Community Center model—education, health care, vocational training, and sustainable micro-enterprise—while impacting the lives of thousands, and moving towards self-sufficiency. The Institute's efforts in Cameroon have served as the inspiration and catalyst for the Community

Center's expansion around the world. More details about efforts in Cameroon are shared by Matthew Douzart later in the meeting report.

As the success of the Community Center in Cameroon continued to unfold, Institute members and partners from around the world met to explore how they could participate in the Institute's vision of lasting social regeneration through rural empowerment. During the Energy Farming Conference in January 2008 in Honesdale and Help Africa Move Forward Conference in July 2008 in Kumbo, Cameroon, representatives from over a half dozen nations were in attendance to learn firsthand and make a commitment to join our efforts. Thereafter, Himalayan Institute teams were invited for site visits to four nations—Senegal, Mexico, Brazil, and Tibetan refugee settlements in India—to plant the seeds for the next round of expansion.

Senegal

Senegal was the first new nation which the Institute team visited in April 2008, invited by the SEEDS Foundation (Sports for Education and Economic Development). At face value, sports and spirituality appear to have little in common. But when Gallo Fall, director of recruiting for the NBA team the Dallas Mavericks and founder of the SEEDS Foundation in Senegal, was introduced to the Institute by members in Dallas, we quickly discovered we shared a common goal of sustainable community empowerment. In April 2008, the Institute team made site visits to Senegal's rural interiors, near the town of Pier, meeting with local women's groups, handicraft and agricultural cooperatives, and various rural assemblies to present the Community Center vision. Their response was overwhelmingly positive. Additionally, meetings with Senegalese government officials, a close-up view of the capital, Dakar, and participating in the Academy's annual Nike Hoops Forum, to see their community sports and education programs, provided a comprehensive understanding of Senegal's potential for a Community Center. Further dialogue and investigation with the SEEDS team regarding the best entry point is under way.

Mexico

In May 2008, Pandit Tigunait led a team from the Institute to Mexico. They were hosted by Gabriel Hinojosa, a friend of the Institute and former mayor of Puebla, the fourth largest city in Mexico. Traveling into the rural interiors around Puebla, where life still is as it was centuries ago, the team met with local farmers, cooperative societies, and women's self-help groups. The nearby town of Taxco, world-renown for its handmade silver jewelry, was visited to explore intersections with the Sacred Link Jewelry vocational training program.

Brazil

In July 2008, Pandit Tigunait visited Brazil on the invitation of Himalayan Institute member, Claudio Oliveira. They visited several cities, including Sao Paulo, Campinas, Rio de Janeiro, and surrounding localities. Panditji delivered a series of lectures in these cities, introducing the Institute's vision of personal transformation and social regeneration. Discussions were held with professors at the University of Rio de Janeiro, local government officials, and community leaders about bringing the Community Center to Brazil. Specific focus was given to a region which had suffered chemical contamination and subsequent environmental and social damage, where Energy Farming and other environmental regeneration efforts could be launched.

Tibetan Refugee Settlements in India

Perhaps the most exciting development which has unfolded over the last year has been the Institute's partnership with the Central Tibetan Administration (CTA), to launch Community Centers in Tibetan refugee settlements across India. The story begins again with a Himalayan Institute member, Brian Phillips, who introduced U.S. representatives of the Central Tibetan Administration to the Institute's Community Center efforts. After months of discussions, and an extended site visit by their Secretary of Agriculture to the Community Center in Cameroon, it culminated in a meeting with Professor Samdhong Rinpoche, Prime Minister of the CTA, in Honesdale. He was presented with the Himalayan Institute Community Center concept, and specifically the Energy Farming program, and granted his full support and approval to launch a pilot project.

The pilot project is envisioned to focus on Energy Farming, starting cultivation of medicinal crops, Pongamia trees and related sustainable bio-energy crops, in Tibetan settlements in South India. The CTA has appointed official representatives to support the start of the Institute's work on the ground. In-depth site planning and community outreach efforts are under way to prepare for launching efforts in the Tibetan settlements by early 2009.

Future Vision

As we look back at the last year, Mr. Tignait concluded, it's clear the success of the Institute's humanitarian efforts reflects the commitment of the Institute's residents and members to bring their practice of personal transformation to the world at large. It shows that, as individuals, we can serve as catalysts for lasting social transformation, if we are able to bring spirituality into action. With great appreciation and gratitude for the continued generosity and hard work of the Institute's residents and membership, Mr. Tignait noted that we can look forward to even greater inspiration as the Institute's humanitarian projects continue expanding.

Himalayan Institute Cameroon

Matthew Douzart, Director of the Himalayan Institute in Cameroon, continued the humanitarian projects report with details of its successes and challenges faced at the project in the town of Kumbo, Cameroon. He noted that only 15 months ago the Himalayan Institute Cameroon Project began. To call the first five quarters of operation a success would be a dramatic understatement. In an environment where projects typically take much longer to implement than they would in the developed world, we are far ahead of expectations.

With the support of volunteers, consultants, employees, fund-raisers, and awareness raisers, we have worked together to put lasting social regeneration into action. We have created direct employment for 36 people and indirect employment to hundreds more. We have worked together to transform an old, crumbling building into a beautiful reminder that good things can happen in Kumbo, and that places like Kumbo are not forgotten to the outside world. We have completed Sacred Link Jewelry and Himalayan Institute Total Health Center vocational training courses which focus on economic empowerment through sustainable micro-enterprise development, with the two largest vocational training programs—the School of Carpentry and Construction, and Energy Farming programs—set to begin within the next six months. We have donated and delivered 25,000 books, which

have paved the road for the largest library in the region to open shortly, and we have planted 25,000 new trees in the deforested hillsides surrounding Kumbo. We have obtained the rights to 50 acres of discarded land to establish the first School of Energy Farming, which will germinate seeds of hope that one day this economically depressed region will regain and surpass a golden age it had experienced 20 years ago, when coffee was a viable cash crop that provided a brighter future for the agrarian communities of Bui Division. The golden days of coffee have now gone away, taking the hopes, dreams, and dignity of the people along with them.

We have sponsored athletes from Cameroon to realize their dreams of competing in the Boston Marathon, and we have helped them spread the word that dreams can come true when we donated prizes, volunteers, and other resources to the Milano Kumbo Sports Academy summer vacation program the past two years. We have worked hard to



ensure that the children of the staff of Himalayan Institute Cameroon have the ability to go to school by providing scholarships to 30 children this school year. And we have introduced high-minded social investors from the United States, India, Bangladesh, Senegal, Ivory Coast, the Central Tibetan Administration, the Canary Islands, Aruba, China, and the United Kingdom to the region who have seen firsthand that the solution to the problem in Cameroon is empowerment.

Empowerment projects hold at their core the tacit value that trade is the long-term solution, not aid, and that in many cases aid can have long-standing detrimental effects. Many of these prospective partners have pledged to work hand in hand with the Institute to work toward creating lasting development within Cameroon.

Mr. Douzart noted that together we have done all of this and more in the past 15 months. The most inspiring things that we have to be proud of are not the things that we have done, but rather the things that we are going to do in the near future. That is why we are grateful for, and in need of, the critical ongoing support of our members and friends to ensure that the core mission of Himalayan Institute Cameroon becomes a reality.

HIMALAYAN INSTITUTE MAIN CAMPUS FACILITIES PROJECTS

Turning attention back to the Institute's Honesdale campus, Clarence Thompson, Facilities Manager, reported that this has been an active year in

infrastructure improvements. The most noticeable change is the completion of the much-needed paving of the Institute parking lot and upper campus roads. To accommodate our growing programs, we also built an auxiliary parking lot to the northwest of the Main Building, behind the tree line. We also accomplished major roof replacements at the large Press Barn and the Total Health Center. New dishroom equipment and kitchen exhaust hoods and fans have greatly improved those vital work areas. Other improvements include hallway renovations, and expansion of an apartment unit to accommodate a growing resident family. Upcoming projects we hope to accomplish include a new Press Barn furnace, continuation of installation of energy-efficient replacement windows, and an additional septic field to accommodate the upper campus. Mr. Thompson also noted with gratitude the perseverance of our volunteer lawn mower, and thanked the devoted gardeners who have thus far this year produced over 12,000 pounds of fresh vegetables from which our hardworking kitchen has prepared many thousands of delicious meals.

TREASURER'S REPORT

Gregory Capitolo, Treasurer, reported that the Institute is in sound financial health, in large part due to the developments reported in the Institute's program and product offerings during the last 12 months. The Institute experienced tremendous growth this past year in virtually every product and service offering, and extended its reach to an increasing number of members and students. Revenue increased across the board, compared to the similar time period the previous year. The most notable growth occurred in the Himalayan Institute Total Health Product neti line, and seminar and meditation retreat attendance. Mr. Capitolo also noted with gratitude the unwavering love and generosity of Institute donors, whose support results in the growth in our program offerings, and in our ability to support humanitarian projects in Africa and India. The number of individuals who felt inspired to offer both monetary and non-monetary gifts to the Institute increased this year by nearly 20 percent. We asked our members and friends for support and they responded. Thanks to our Web team, we made it just a little bit easier for those feeling inspired to give, to do so.

Looking ahead, Mr. Capitolo noted that as our product and service offerings continue to expand, our Management Team will be working together to find ways to become more efficient with our already frugal spending. To this end, we will be actively pursuing centralized procurement efforts, and will continue to work with suppliers to provide us with the highest quality products and services at the most optimal price. In addition, our accounting, operations, and information technologies staffs will be identifying processes that can be further streamlined and/or automated so as to free up valuable time and energy of our staff for other projects needing attention. With increased emphasis on critical functions, while continuing to implement best practices in our internal controls and fiscal management, we endeavor to wisely steward the Institute's resources, including the generous gifts of those who walk hand in hand with us, for the successful fulfillment of our mission of personal transformation and social regeneration in the years ahead.

THE PRESIDENT'S REPORT

Deborah Willoughby, President, presented an overview of the Institute's progress over the past decade and a half, its current growth, and the plan to take the Institute's mission into the future. Ms. Willoughby noted that in the 14 years that it has been her privilege to serve as the Institute's President, our organization has grown sevenfold. This can be quantified by our annual expenditure and income reports, but for an immediate understanding of this

growth, all we have to do is take a glance back into the past and then look at where we are today.

In 1994, we were largely self-contained and self-sufficient. We printed, bound, and distributed our own books, we repaired our own vehicles, we even made our own tofu down in the basement. There were a few computers here and there, but they weren't networked, and most of us relied on typewriters. The magazine was a black-and-white publication with limited distribution; our charitable work revolved around raising funds for the hospital Swami Rama established in the foothills of the Himalayas.

Now flash forward 14 years. We have a sophisticated computer network and a substantial Internet presence. We turned a derelict storefront on Main Street in Honesdale into a yoga café and bookstore, studio space for yoga classes, and a third-floor suite of offices for our expanding operations. We acquired a piece of farmland on the bank of the Ganges on the outskirts of Allahabad, India, and transformed it into an ashram, and hosted a group of 500 Westerners during the Maha Kumbha Mela. We began growing our own herbs, both here and in India, and manufacturing herbal formulas. We developed an audio-video department with full digital capabilities. We expanded the small Combined Therapy program that existed in 1994 into a Health Center offering a full array of wellness services. We began offering more seminars and programs both here and abroad. Our humanitarian efforts expanded to include support for children's schools and a traditional Sanskrit school in northern India, a Pongamia plantation program in South India, and the Himalayan Institute Cameroon Community Center in Africa.

What we didn't do was pause to revamp our management structure. As our capacity and our responsibilities expanded, we just kept on keeping on—asking our key staff to take on added responsibilities. Part of the reason was that while the scope of our work was continually expanding, our pool of management remained relatively static. The upshot was that each department was often so focused on the tasks at hand, that we found ourselves duplicating efforts and sometimes missing opportunities to get the full benefit of our work by working synergistically.

Fortunately, in the last several years, the Residential Program has grown, and our management capacity has expanded significantly. This spring, we looked around and realized that not only did the increasing scope of our work make it necessary to reorganize and rethink the various aspects of our internal operations, but we had the in-house management talent to make that possible. The senior staff has spent time this summer working to revamp our internal organization. We began, with Panditji's help, by refining our understanding of our mission and purpose and used that refined understanding to sharpen and focus our internal operations to better accomplish that mission. The reorganization is comprehensive—it covers all aspects of our operations and involves everyone. We're in the process of refining details, but will be inaugurating this new way of working together shortly after the conclusion of the Year-Long Meditation Practice. It's a great plan—it streamlines our operations while making it easy for each department to benefit from the efforts of other departments. Best of all, it allows each of us to focus on doing what we do best.

The other thing we did not do over these years, was lose sight of our purpose, mission, and motivation, instilled in us so strongly and clearly by our founder, Swami Rama, and carried on with visionary and inspired leadership by Panditji: Work hard. Meditate. Love all and exclude none. Perform the most skillful action, to the best of your ability, in any situation, every day. Learn from your mistakes and do not repeat them. Transform your life into a joyful work of art. Use the fruits of your personal transformation for the upliftment of the whole world. Following these teachings, the Institute's work will continue to grow and change lives for many years to come.

Ms. Petryszak then moved on to the business part of the meeting. Pursuant to Article V, Section 3 of the Institute’s Constitution, the following persons were duly appointed by the Acharya, Pandit Tigunait, to the Board of Directors:

Directors: National Headquarters

- Gregory Capitolo
- Darlene Clark
- Suzanne Grady
- Sanjay Gupta
- Diane Klein
- Irene Petryszak
- Richard Ravizza, Ph.D.
- Rolf Sovik, Psy.D.
- Rajmani Tigunait, Ph.D.
- Deborah Willoughby
- Larry Xavier

Honorary Directors

- Kartar Singh Duggal
- August Gatto
- Subhash Kak, Ph.D.
- Donald Pentecost, M.D.
- Marion Peterson
- Jerome Smith
- Rod Stryker
- Mohan Swami

ADDRESS BY PANDIT TIGUNAIT

Ms. Petryszak then invited Pandit Tigunait to elaborate on the Institute’s mission. Panditji began by saying that the Institute’s mission can be succinctly stated today with three points: personal transformation, social regeneration, and enlightened leadership. These goals are accomplished through educational programs, services, health-oriented product lines, spiritual practice, and humanitarian projects. The foundation of all these is personal transformation. When we are happy and healthy, living a balanced life, with a calm, clear, and tranquil mind, then we have the ability to see and implement what is needed to live skillfully and help others. Sharing the tools for personal transformation through educational programs and services is the core of the Institute’s offerings. Panditji noted that this year, he, Dr. Sovik, Deborah Willoughby, Sandra Anderson, and other senior faculty will work on fully restructuring the Institute’s educational programming to make it even more systematic, dynamic, and organized for today’s lifestyle. These tools for self-transformation infuse body, mind, and heart with an elevated awareness of the purpose of life, and the inspiration to take that same understanding to others.

Panditji exhorted members to claim their share of the broad humanitarian work of the Institute by finding some way to share the best of themselves with others. He noted that this year, the Year-Long Meditation Practice we have committed to in front of the sacred flame has fully infused the Institute’s work with growth and renewed purpose. He said this flame has its own unique way of reaching out, calling to others, inspiring, and bringing our work to the awareness of many. He noted that there have been countless circumstances this year of people and connections materializing “out of the blue” that have led to opportunities for service and fellowship in our growing



global family. He said that there is no doubt that these opportunities are the beginning of the fruits from the Year-Long Meditation.

In conclusion, Panditji noted, with a smile, that these annual meetings as such are rather boring. He requested the Institute managers to create a long weekend of celebration for members next year, to give our reports, but also to sing and dance, enjoy international flavors of all kinds, and share our bounty in a personal way with each other, following the example of our Cameroonian counterparts when the Institute is invited to special meetings in Kumbo. This suggestion was readily embraced, and a celebration will be planned for the summer of 2009.

At the conclusion of the meeting, Ms. Petryszak opened the floor to questions and comments from members and friends who were present.

Following, the meeting was duly adjourned.

At a meeting of the Board of Directors of the Himalayan Institute held after the Annual Meeting, the following officers were elected: Pandit Rajmani Tigunait, Chairman; Rolf Sovik, President; Suzanne Grady, Secretary; and Gregory Capitolo, Treasurer.

For further information about the Institute’s global humanitarian efforts, and how you can help, visit us online at www.HimalayanInstitute.org or give us a call. If you have questions or comments about the annual meeting or the Himalayan Institute, feel free to contact the Secretary, Suzanne Grady, at 570-253-5551, ext. 1504, or e-mail at sgrady@himalayaninstitute.org.

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We hope you have the opportunity to join us for programs during the coming year and, as always, we look forward to your participation.