

Stilte, Vrede, Vreugde - Silence, Peace, Joy

OM

Wij wensen jullie allemaal een Gezegend Kerstfeest en een Vreugdevol Nieuw Jaar

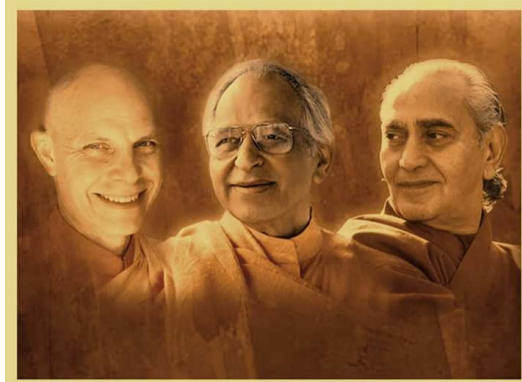
*We wish you all a merry Christmas and a Happy New Year.
And we hope to meet you again in 2025: online or in real life.*

HYMNS Netherlands board: Lia (chair), Sonia (secretary), Maltie (treasurer),
Louise (booksales, fmm, satsang), Riemke (website, newsletters)

DOE MEE MET DE VOLLE MAAN MEDITATIE Zondag 15 December: 21.00 - 22.00 CET

You are invited to join the guided meditation by Anna Mezösi on zoom. Login details are the same for every FMM:

meeting ID 818 2210 5456 Password Bharati108



Winter Weekend Retreat 17 - 19 January 2025

THERE ARE STILL SOME SPOTS AVAILABLE

to participate in our weekend retreat with Pierre Lefebvre and Uta Bisseswar at our usual retreat location De Beukenhof in The Netherlands.

PLEASE SHARE THIS INFO WOTH YOUR FRIENDS AND YOGA STUDENTS

**DESIGNING YOUR SADHANA,
develop and deepen your daily practice for your spiritual growth**

[Information and subscription form](#)

This is not a silence-retreat. However, it's possible to practice personal silence.

As preparation for this retreat, you might want to read these chapters of the books "Nightbirds", that are also available on Ahymns website:

[Five pillars of sadhana](#) and [Daily schedule of a sadhaka](#)

We are planning to present the Dutch translations of these texts at the weekendretreat.



STILTE

is het kernthema in onderwijs en beoefening van onze geliefde Swami Veda.
Bekijk deze lezing van 65 minuten op youtube.

Silence is the core teaching of our beloved Swami Veda. You can watch this lecture, duration 65 minutes on youtube.

[Videolecture: SILENCE - Swami Veda Bharati](#)

picture: Mother Mary and Jesus statue at ashram SRSG

Nacht-stilte

Stil, wees stil: op zilvren voeten
Schrijdt de stilte door den nacht,
Stilte die der goden groeten
Overbrengt naar lage wacht ...
Wat niet ziel tot ziel kon spreken
Door der dagen ijl gegons,
Spreekt uit overluchtsche streken,
Klaar als ster in licht zoû breken,
Zonder smet van taal of teeken
God in elk van ons.

P.C Boutens

Translation of the poem Nachtstilte

Night-silence

*Hush now, hush: on feet of silver
Through the night see silence go,
Silence that from gods delivers
Greetings to the watch below...
What 'twixt souls could not be spoken
In the daytime's empty din
From high realms that night has woken,
Into light star-bright now broken,
Sullied by no word or token
God speaks deep within.*

P.C Boutens, translated by John Irons

A PEACE MEDITATION WITH SWAMI RADHA BHARATI

In this holiday season you might find some time to sit with Swami Radha for this [peaceful meditation](#) recorded by The Meditation Center.

Every Sunday, Swami Radha guides a meditation on Zoom at 15.30 CET. These sessions are hosted by [The Meditation Center](#) in Minneapolis and are free for everyone to join.



Full Week Silence Retreat: 19 - 26 September 2025

During every silence retreat these last years, there were requests from the sangha to make it a little bit longer. We are happy to announce that with the blessings of the Lineage this is going to happen. There will be a 7days Silence retreat from 19 - 26 September 2025. This is a wonderful opportunity to be together for longer time and to dive deeper into silence.

We hope you will be able to join us.

The retreat will be guided by Swami Ma Tripurashakti Bharati, Pierre Lefebvre (Pandit Pryadarsan) and Uta Bisseswar. Maybe one other senior teacher will also be able to come.

[More information and subscription form](#)

Calendar

You are invited to join the Himalaya Tradition Sangha for meditation and other activities. For FMM you don't have to register, for online satsang, please send an e mail if you are planning to attend, so we can give you updates if the schedule changes or send supplementary information. All times mentioned are CET. You can use the same log in details for all events:

Meeting ID 818 2210 5456 Password Bharati108

Sunday 15 December 21.00: Full moon meditation, also guided on zoom by Anna Mezosi

Saturday 21 December: Wereld meditatie dag, begeleide meditatie op zoom in het Nederlands

Monday 30 December 13.30: New Moon Meditation, selfpractice

Monday 13 January 21.00: Full moon meditation, also guided on zoom by Anna Mezosi

Wednesday 29 January 13.30: New moon meditation, selfpractice

17 - 19 January 2025: Winter [weekendretreat](#)

19 - 26 September 2025: Annual [silence retreat](#)

21 December: Wereld Meditatie Dag

Op uitnodiging van Swami Ritavan en AHYMSIN plannen we een begeleide meditatie op zoom in het Nederlands. Een dezer dagen ontvang je hierover een extra mini-nieuwsbrief.

Invited by Swami Ritavan and AHYMSIN, we will plan a guided meditation in Dutch on zoom. We'll send an extra mini-newsletter in a few days, to announce the time.



HYMNS: Himalaya Yoga Meditation Network Society, Netherlands

Bookshop: order books from Swami Rama and Swami Veda through HYMNS: boeken@yoga-hymns.nl

Donations: your gift will go fully to the ashram in Rishikesh, headquarters of AHYMSIN.

Thank you for contributing.

IBAN: NL32 INGB 0007 0385 40 - BIC-code: INGBNL2A
Himalayan Yoga Meditation Network Society, Darp, Netherlands



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quotes



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Ashram



SRSG

Deze e-mail is verstuurd aan {{email}}. • Als u geen nieuwsbrief meer wilt ontvangen, kunt u zich [hier afmelden](#). • U kunt ook uw [gegevens](#) inzien en [wijzigen](#). • Voor een goede ontvangst voegt u info@yoga-hymns.nl toe aan uw adresboek.

