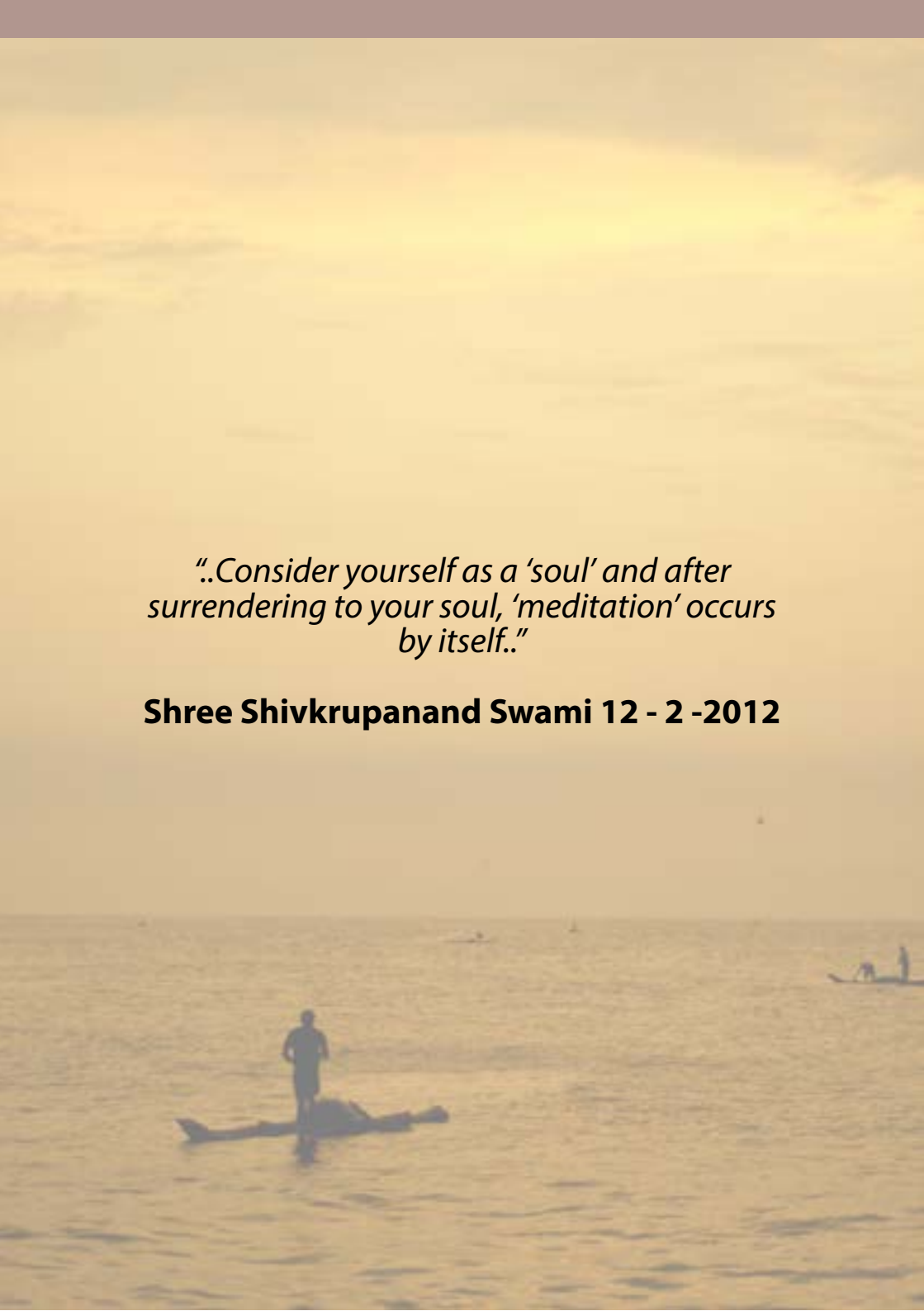




*Awaken your true potential*

**SAMARPAN MEDITATION**



*“..Consider yourself as a ‘soul’ and after  
surrendering to your soul, ‘meditation’ occurs  
by itself..”*

**Shree Shivkrupanand Swami 12 - 2 -2012**

# History of the Trust

**The Shree Shivkrupanand Swami Trust began its journey in Wales, Leicester and London in 2000 and was formally established in 2012. Since then numerous centres for meditation have been established in the UK.**

In 2015 the Trust was able to purchase some land as a result of generous donations from supporters.

This land is in a beautiful, rural space close to the cities of Nottingham and Leicester and is now the hub and central location from where many of the UK activities generate. It is the home of our holy statue which is a beacon to spiritual seekers searching for vibrant and

spiritual energies for their own inspiration, transformation and spiritual guidance.

## **BECOME A FRIEND OF THE ASHRAM**

***Help us to raise the amount we need to build the meditation hall and support the ongoing mission to spread meditation free of charge to the increasing number of people interested in making changes in their lives through meditation.***

*You will be part of an invaluable service not only to this generation but to future generations – where meditation is shared without any dogma or any isms – your support will enable this spiritual science of awakening and transformation to become even more accessible in an age where there is so much need.*



**Sunset at the Ashram - Long Acre, Nottinghamshire**

# How you can donate

**The Trust is currently raising funds to build a dedicated meditation hall and facilities. This is an ongoing project that will proceed in phases. We need your help to take the mission forward.**

There are a number of other ways in which you can support the project.

## **JustGiving**

Simply visit our JustGiving page by clicking on the image to the **RIGHT** or go [HERE](#).

## **By Text**

To donate by SMS, text: SAMA18 and the amount (eg £10) to 70070

## **By Cheque**

Please make any cheques payable to 'Shree Shivkrupanand Swami Trust UK' and send to the Trust via the address on the back cover

## **Information for non-UK donors:**

If you are not a UK resident you can donate via international bank transfer. Please contact the Trust for confirmation of receipt.

**IBAN:** GB71LOYD30842322251160

**BIC:** Loyd GB 21748

Alternatively, on the JustGiving site there are nine countries currently set up for donations in their own currencies.

*For Gift Aid and standing order forms please contact the trustees at: [uk@shivkrupanandji.net](mailto:uk@shivkrupanandji.net) or visit [www.samarpanmeditationuk.org](http://www.samarpanmeditationuk.org)*



*with  
your  
help  
we  
have  
raised  
**£67k**  
so  
far*

## **YOUR DONATIONS WILL:**

- Help us to raise funds to build the much needed meditation Hall and the space for the Holy Statue;
- Help us to increase the amount of visitors to our Retreat Centre;
- Help us to continue to sustain and support existing centres around the UK;
- Help us to extend our reach further into the corporate sector and into other communities where meditation will serve to increase well-being and potential.



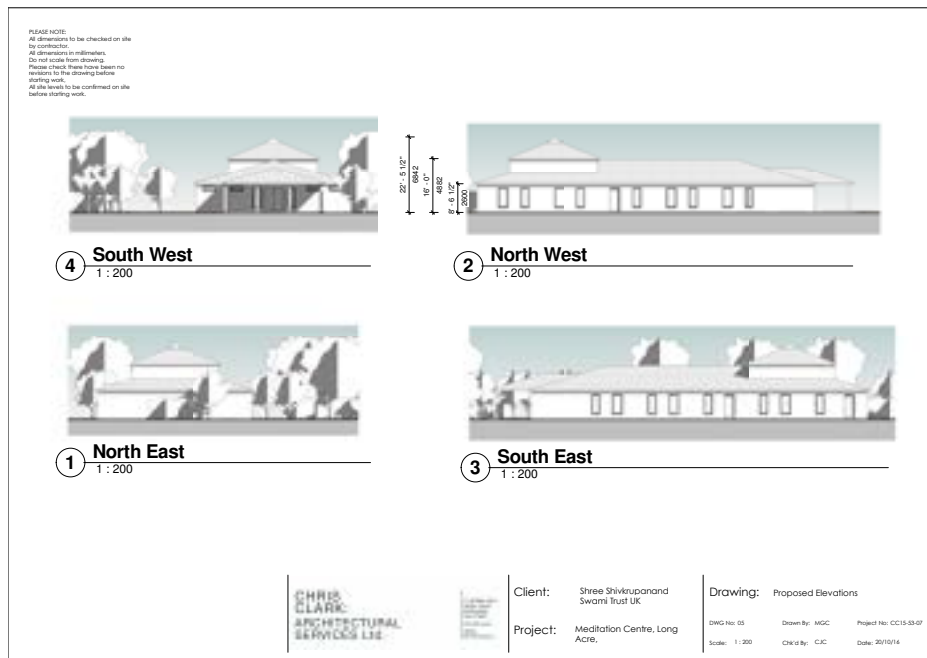
# *A Meditation Hall and visitors facilities for our retreat centre*

**Situated discreetly within the vicinity of Hickling Pastures in Nottinghamshire, the Trust has created a restful and restorative space especially for those who want to learn and experience meditation.**

The setting is both peaceful and inspirational and is currently being developed so that we can invite more visitors to spend time for meditation in nature.

The development is progressing in stages and much work has already been completed in readiness for the construction of our Meditation Hall and the facilities we require to ensure visitor's comfort.

For some time now, work has been underway on this ambitious and challenging project to restore the entire estate back to a natural setting that is in keeping with the local habitat.



# *The new Meditaton Hall*

**The Meditation Hall will be at the heart of the estate's activities and will be the permanent home of the holy statue.**

The design of the Meditation Hall has been completed and the single storey structure will sit beautifully in its natural setting, with its soft wooden cladding and stained glass windows.

The hall will have facilities to support both day and residential visitors, and this simple building will be where the daily meditation sessions take place. It will also be a place for silent contemplation.

Situated within the Meditation Hall will be a small stone structure to house the vibrant holy statue. This statue has very special qualities and is one of a number of

similar statues in locations around the world. The aim of these living statues is to support the spiritual progress of millions of people throughout the world. They are linked energetically; with each one possessing qualities that will connect to our energy and raise our vibrations and consciousness.

People seeking spiritual awakening are able to spend time in the proximity of the statues and experience a reduction in stress and anxiety. The statues bring out the good qualities in all those who come before them, thus contributing to spiritual growth and ultimately to Self-Realisation.

The statues are in ashrams in various parts of India, the UK, Canada, Australia and Africa.

# About Samarpan Meditation

**Samarpan Meditation was founded in India in 1999 for the purpose of spreading meditation to everyone regardless of race, religion, gender, financial status or ability. The current reach of this multi-faith meditation has extended throughout the world and it continues to grow.**

All sessions, activities and related events and workshops are free of charge. There are now over 200 meditation centres across the world and currently eight main residential ashrams.

In the UK, Samarpan Meditation delivers its mission free of charge by:

- *Holding workshops, seminars, introductory sessions and regular meditation sessions in centres around the UK;*
- *Maintaining a retreat centre and regular daily meditation space in a peaceful and rural location open to the public;*
- *Having a presence at events, shows, health and well-being fairs and other appropriate functions;*
- *Holding introductory sessions, supporting regular meditation sessions and workshops in schools, in the local community and in the corporate sector;*



*Samarpan meditation originated deep within the Himalayas and now stretches right across the world*

- *Recognising the valuable commitment of our many dedicated volunteers who enable this work to expand year by year.*

Our aim for 2018/19 is to increase our reach in the corporate sector, and to organisations such as charities, social services and other agencies connected with supporting vulnerable members of the community;

# From India and beyond

**The mission of the founder, Shree Shivkrupanand Swamiji, is to teach the simple and powerful practice of Samarpan Meditation to as many people as possible throughout the world.**

In 1999 he entered society after spending many years travelling to and from the Himalayas, to distribute his unique spiritual knowledge of meditation.

When Samarpan Meditation is done regularly; a protective and peaceful aura will develop around you and you will experience a direct connection with nature. You will take this peaceful inner world with you wherever you go and anyone who enters your aura will experience it. Through this; the true nature of humanity

will be revealed to you. If many human beings succeed in creating such a world then world peace may become a possibility some day.

Samarpan Meditation is very simple and although it began in the Himalayas over 800 years ago, it is timely and appropriate to our modern society.

This multi-faith form of meditation is designed for everyone and there are no restrictions or rules to limit it.

Whatever your religion or philosophy of life, this simple form of meditation will work for you. There are now well over 200,000 practitioners of Samarpan Meditation throughout the world.



# *Focus on research*

**Our main focus on research has been in the areas of health and well-being and our aim for the future is to develop research on the human auric field which has long been known to contain evidence of the state of one's health.**

The aura is known to change and increase in strength and purity as a direct result of the regular practice of meditation. The data that research can gather from studies of the aura will reveal much more than just information about our health.

Already many companies are using the results of auric analysis when selecting new personnel and it has now become possible for the spiritual state of a person to be evaluated by checking their auric field.

Our future research will also include the auric imaging of the holy statues over time. We believe that these statues will emanate increasing vibrations and purity as time passes and hope to be able to begin to document this in the very near future.



# How to get involved

**The centres are open to all visitors and entry is free of charge. These are in hired halls or venues so we recommend that you check the timings by contacting the centre you wish to visit.**

This can be done by visiting the website for details of individual centres (See rear cover for link).

The Samarpan Yog Ashram and meditation retreat centre in Hickling Pastures is open to visitors and there is a registration process in place so that we do not exceed the maximum amount of visitors that

can be accommodated at any one time.

Should you be interested in residential stays or in attending meditation sessions at Hickling Pastures, please contact Jaya Pisavadia on 0194981103 to register your interest.

## ***A Humble Request***

Your visit to the Samarpan Yog Ashram meditation and retreat centre is a pilgrimage to a sacred site in the heart of the Nottinghamshire countryside.

We sincerely request your support to maintain the peace, tranquillity and the sanctity of this estate.



***For further information please contact:***

***Shree Shivkrupanand Swami Trust UK***

***Long Acre***

***Hickling Pastures***

***Melton Mowbray***

***LE14 3QG***

***Telephone: 0194981103***

***Email: [uk@shivkrupanandji.net](mailto:uk@shivkrupanandji.net)***

***[www.samarpanmeditationuk.org](http://www.samarpanmeditationuk.org)***

***HMRC CHARITY REFERENCE NO:***

***EW19986***