

## About UPFNA:

### **1. What is UPFNA (Universal Peace Foundation of North America)?**

Universal Peace Foundation of North America (UPFNA) is a registered non-profit organization since 2005 and has been serving mankind by teaching yoga and meditation to the Omaha, Nebraska community since 1999 and SF Bay Area since 2010.

### **2. What is the mission of UPFNA?**

UPFNA's mission is to spread Universal peace through individual (inner) peace by the practice of *Kundalini* Meditation and Yoga. The organization believes that when an individual is peaceful within, their family is happy. When families are happier, the society, nation and gradually the whole world becomes peaceful and blissful.

### **3. Who is the mentor of UPFNA?**

JagathGuru MahaMaharishi Paranjothiar fondly called as Gurumahan is the spiritual Guru and founder of UPFNA. He is a self realized spiritual master and founder of Universal Peace Foundation hailing from the state of Tamil Nadu, India

At the age of 19 Gurumahan was blessed to meet his spiritual guru Gnanavallal Paranjothi Mahan. Paranjothi Mahan, the founder of Universal Peace Sanctuary, quenched Gurumahan's thirst for knowledge in spiritual life by awakening the 'Kundalini Shakthi' (Divine inner core energy).

This in turn made Gurumahan to persevere intensive meditation along with practice of several yogic techniques to become an enlightened and self realized soul at the age of 21. As a profound spiritual master, Gurumahan has been elevating confidently millions of people with his grace by awakening the divine inner core energy for their inner peace leading to universal peace.

For more info about Guruji visit <http://upfna.org/guru-mahaan>

### **4. What are the teachings of UPFNA?**

The Foundation preaches Kundalini Meditation & Yoga. This Kundalini meditation is taught to the aspirants by a very simple learning process (*Deeksha*) during a span of 21 days by eligible instructors (Gnana Asiriyar/Wisdom teacher).

The foundation also offers programs such as Mahashakthi Yogam, Kundalini Yoga for beginners, Kids & Teens Yoga, Prenatal Yoga, Yoga for adults, Therapy Yoga and Holistic healing.

The Foundation organizes special Workshops guided by Gurumahan and special discourses/Satsangs by Gurumahan at Omaha, SF Bay Area, Dallas and other parts of the united states for the benefit of the people.

### **5. What is the teaching approach of UPFNA?**

The Mind, Body and Soul of an individual needs to be developed in a balanced manner to achieve everlasting peace. An individual will be at peace with himself only from within. There is no external factor from which peace can be found.

The Body, Mind and Soul needs to be trained in a gradual manner in order to accomplish this individual peace. UPFNA focuses on this aspect by offering Yoga classes which are very unique in approach.

- Train the Body by using a series of simple *Hatha* Yoga postures
- Focus the Mind by using a series of breathing techniques
- Connect with the Soul by using a series of meditation techniques

## **6. Websites and Social Media to learn more about UPFNA?**

### **Web:**

[www.universalpeacefoundation.org](http://www.universalpeacefoundation.org)  
[www.upfna.org](http://www.upfna.org)

### **Facebook:**

<https://www.facebook.com/upfna.omaha>  
<https://www.facebook.com/upfna.bayarea>

### **Youtube:**

<https://www.youtube.com/user/GnanaPeedam?feature=watch>

### **[About UPF:](#)**

## **7. What is UPF (Universal Peace Foundation)?**

Universal Peace Foundation is a non-profit organization founded in 1994 by JagathGuru MahaMaharishi Paranjothiar. The organisation aims at spreading "Universal peace through Individual peace" by teaching Kundalini Meditation & Yoga. The Ashram or spiritual center is named Gnanapeedam literally meaning place of wisdom and is situated in Thirumurthi Hills, called as South Kailash, Tamil Nadu, India.

## **8. What is the mission and vision of this Organization?**

- Establish Universal peace through Individual peace
- Attain Unity in Divinity
- Global Peace and Bliss – Santhosam
- Make at least 1% of the world's population as spiritually awakened and self realized through the simplified simple process for awakening the 'Kundalini Shakthi' (Divine inner core energy) in the true spiritual order beyond religion.

## **9. Who is Gurumahan?**

JagathGuru MahaMaharishi Paranjothiar fondly called as Gurumahan is a self realized spiritual master hailing from the state of Tamil Nadu, India.

At the age of 19 Gurumahan was blessed to meet his spiritual guru Gnanavallal Paranjothi Mahan. Paranjothi Mahan, the founder of Universal Peace Sanctuary, quenched Gurumahan's

thirst for knowledge in spiritual life by awakening the 'Kundalini Shakthi' (Divine inner core energy).

This in turn made Gurumahan to persevere intensive meditation along with practice of several yogic techniques to become an enlightened and self realized soul at the age of 21. As a profound spiritual master, Gurumahan has been elevating confidently millions of people with his grace by awakening the divine inner core energy for their inner peace leading to universal peace.

For more info about Gurumahan visit <http://upfna.org/guru-mahaan>

## 10. What are the teachings of Universal Peace Foundation?

The Foundation teaches Kundalini Meditation & Yoga. This Kundalini meditation is taught to the aspirants by a very simple and simplified process (*Deeksha*) during a span of 21 days by eligible spiritual instructors (Gnana Asiriyar/Wisdom teacher) or *Guru Mahan* himself.

The foundation also offers programs such as Mahashakthi Yogam, Intensive Kundalini Meditation, Kids and Teen yoga and personality development camp, Garbaraksha, Divine Healing, advanced sessions and many more.

The Foundation regularly organises Satsangs with Gurumahan at the ashram and across the globe where he gives discourses, conducts meditation sessions and clarifies the audience's questions.

## 11. What are the core activities of the foundation?

- **Mahashakthi Yogam** is the introductory flagship course of Universal Peace Foundation. It is a refined, simple and easy system of yogic practice to bring harmony between physical, mental and spiritual state of mankind resulting in holistic health. The Mahashakthi Yogam has been reinforced with collection of several yogic practices. The main target of this New Yogic System - Mahashakthi Yogam - is to create a rich spiritual experience in the body and minds of the whole mankind.
- **Prabanjaananda Yogalayam** was founded in 1982 to re-establish the ancient yogic culture of Divine India and to create spiritual advancement for people across all ages through yogic awareness.
- **Uyar Gnana Deepam** started in 1985 is a spiritual monthly magazine, with the aim of carrying the spiritual waves extensively across all boundaries of the world.
- **Divine School** was started in 1986 to provide a balanced system of education imparting both inner and external education from the early childhood. For more info visit <http://thedivineschool.org/>
- **International White Triangle Society** founded in 1993 is a spiritual based service organization started to motivate the younger generation to serve the people with understanding, mutual love to help meet the societal needs.
- **Sri Paranjothi Institute for Yoga, Naturopathy and Holistic Health** was established in 2003. It offers Certificate and Diploma courses in Yoga, Herbal medicine, Naturopathy, Varma, Acupuncture affiliated to University and also offers to train teachers in Yoga education.

- **Sri Paranjothi Naturopathy Hospital** was established in 2004 to bring in force and create great awareness in Naturopathy highlighting treatment through Naturopathy to cure all ailments.
- **Thenkailai Tamil Sangam** was established in 2012 to bring out a clear and actual knowhow and the glory of the Tamil Culture,( apart from exposing the Tamil Literature) its unsurpassed contribution to the humanity the thread of happy life providing basic and extensive spiritual knowledge got out of outstanding pure individual experience by those highly evolved Tamil civilization.

## 12. What are the social and environmental initiatives of the Foundation?

- **PLHIV** is a program that offers free Yoga and meditation camps for people living with HIV/AIDS.
- UPF organizes free yoga and meditation for Prison inmates at almost all the jails in Tamil Nadu since 2004.
- UPF provides free value education (yoga and meditation programs along with satsang by Guruji) for girls in middle school and young women in colleges across Tamil Nadu.
- **Vidya Dhanam** is a noble initiative to restore education to all the kids who dropped out of schools from rural villages around Erode district in Tamil Nadu, India. For more info visit <http://thedivineschool.org/>
- **Global Peace Minute (11:11)** is a noble initiative that encourages each person to observe one minute of silence at 11:11 AM every day to attain peace in themselves, in their family, surroundings, nation and in the world. This project targets to make success the mission - Peace for all 2020. For more info, visit [www.gpday.org](http://www.gpday.org).
- Foundation aims to reinstall the ancient 64 arts of the Indian heritage for the betterment of the future generation.
- In Thirumurthi Hills separate health center is being run providing medical service to the Tribal and local Village people through Naturopathy, Siddha, Allopathy, Yoga , Bio-healing and Acupuncture system of medicine

## 13. What is Pranavalayam?

Pranava (The sound of A-U-M) is the primordial state of the universe. Alayam means a place where an individual soul merges with the divine cosmic energy. So a Holy place to experience that transformed state.

Pranavalayam is a pyramid in which Gurumahan performs penance for 21 days every year to spread the divine cosmic energy throughout the universe. Visitors and regular kundalini yoga practitioners are performing meditation in Pranavalayam to attain inner peace and evolve spiritually.

#### **14. What is Holy Penance (Velvi)? What is it's Significance?**

Every year, in the month of December, Gurumahan observes Holy Penance (intensive meditation) for 21 days within the PranaValayam (holy pyramid) at Gnanapeedam for the sake of Universal Peace.

Gurumahan has performed 24 such penances so far. The sole purpose of this Holy Penance is being the welfare of the Universe that is facing hardships due to extensive pollution in all aspects such as pollution of air, water, land, values, thoughts and relationships. Many meditation practitioners also participate by doing a full day meditation (Yagna) during this period.

#### **15. Does UPF have branches outside India?**

Universal Peace Foundation is continuing its spiritual service across the globe by establishing its chapters in US, Canada, UK, Europe, Dubai, Singapore, Australia and Malaysia.

#### **16. Websites and Social Media to learn more about UPF & UPFNA?**

##### **Web:**

[www.universalpeacefoundation.org](http://www.universalpeacefoundation.org)

[www.upfna.org](http://www.upfna.org)

[www.universalpeacefoundationsingapore.org](http://www.universalpeacefoundationsingapore.org)

[www.upfeurope.org](http://www.upfeurope.org)

[www.gpday.org](http://www.gpday.org)

[www.upsmmalaysia.org](http://www.upsmmalaysia.org)

[www.thedivineschool.org](http://www.thedivineschool.org)

##### **Facebook:**

<https://www.facebook.com/upfna.omaha>

<https://www.facebook.com/upfna.bayarea>

##### **Youtube:**

<https://www.youtube.com/user/GnanaPeedam?feature=watch>