

For Immediate Release

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Ancient Texts free to Modern Wisdom Warriors

Historic new tools for yoga teachers, students, and translators, released free

New York - The Asian Classics Input Project wants to make your yoga practice even better, and it doesn't cost a penny. They're out to change the world one person at a time, by propelling yoga teachers and practitioners into a light-speed transformation from ordinary to enlightened existence.

Yoga is commonly thought of as a physical process, but it is ultimately defined as the perfect union of all aspects of the self which results in the highest expression of existence. It was designed by ancient masters as a science for purifying our reality through the use of outer (asana) and inner (perfection of wisdom, meditation, movement of prana) methods.

In order for yoga practitioners and teachers to achieve the final goal of yoga, it's necessary to understand the complete formula for a properly functioning path to enlightenment. This formula is found in many ancient yogic, Vedantic, Buddhist and Hindu texts, which have been lost or are unfortunately crumbling before our eyes...but are now being found, preserved and made available to yoginis and yogis so that they may use this ancient wisdom in their practice.

The ACIP has been dedicated since it's inception in 1987 to finding and preserving these texts. "We're the world's largest digital searchable content for the Tibetan canon, known as the Kangyur and Tengyur" said John Brady, ACIP Director. "We're very invisible to the general public; people don't know about us."

In June, the ACIP and Yoga Studies Institute will collaborate in the release of the product of years of research: a free, searchable CD database of ancient texts compiled from libraries, monasteries and private collections in India, Mongolia, Nepal, Russia and Tibet. This release – the first installment of many to come- will include famous texts as recommended by contemporary masters of yoga from Dharma Mittra to David Life & Sharon Gannon.

"The texts provide the modern yoga teacher with the classical scriptures and commentaries needed to bring authentic yoga directly to their students", said Kimberley Veenhof, Director of the Yoga Studies Institute, a non-profit educational foundation that thoroughly grounds students in the classical tradition of yoga through the many Tibetan Heart Yoga and Classics of Yoga courses that are regularly taught worldwide. "Most of the YSI course material draws on the work of the ACIP, and YSI is currently one of the main vehicles through which these ancient scriptures are made accessible to the world. In addition, well-known scholars, such as Robert Thurman, use the ACIP material in their research."

YSI courses reunite the 'outside' methods (working with the physical postures and breath) with the traditional 'inside' methods (ethical living, meditation, philosophical training, and correct worldview) into a powerful synthesis the ancients called "Royal Yoga."

The disc will contain texts in the original Sanskrit; in roman transliteration; and in English. It will also contain a bonus extra-the complete series of Asian Classics Institute courses in Tibetan Buddhism as presented by Geshe Michael Roach.

The CD has been sent as a gift to 1,000 yoga teachers worldwide-500 in North America, and 500 at the recent first annual "Evolution" Asia Yoga Conference in Hong Kong - as part of an effort to keep ancient yoga wisdom alive in the world, and to ensure it is preserved for generations to come.

"I think these great works can give foundational understanding of how we ourselves are creating our own world, and it also gives you solutions on how to re-create a world that can be potentially fulfilling and complete" said John Brady. "It's perfect timing...we're now seeing pioneering yoga teachers bringing something much more profound into their classes. This searchable database will allow teachers, students and translators to search for title or author, come up with references and new translations that may transform their understanding of the practice. It could be a catalyst of change on a global basis. We have found things in libraries that people thought were no longer in our world.

Ultimate Personal Responsibility

John Brady is the 21st century Indiana Jones. He lives a life of quiet, focused determination. He keeps an apartment in Tucson, AZ, but you can rarely find him there. Look instead to the remotest parts of Mongolia or Nepal, exploring temples and caves for new treasures of knowledge. His tools are a laptop computer and scanner, instead of a whip.

"We've opened up centers that are inside great collections in Mongolia," said Brady, "We're cataloging these collections for the first time in a digital format so they're searchable for scholars, and then we also are scanning these great works. Eventually we'll set up an input center there where students can be trained in the transliteration process of these great works. Students who specialize in Asian Studies or languages such as Tibetan and Sanskrit can't get jobs, so we hire them. Currently we have just under 20 people working full time that are young students who would otherwise not have jobs in the career they chose at the university...and so it's a win-win situation because they're actually preserving their indigenous cultural heritage and using their education."

Lives are being changed in the process. "We've trained Tibetan refugees in the settlement camps in south India to input their own language texts of wisdom," said Brady, "and if they didn't have these jobs, they would have to sell crafts on the streets of a local city...so it keeps them near home and with their families."

Where once the texts were only available to Tibetan Buddhist Monks, ACIP's distribution via the Web has made the information available to scholars and students of Asian studies worldwide.

The searchable CD allows researchers to find in just minutes the same information that once required monks countless hours of haphazard searching of deteriorating books housed in remote libraries.

"We started this project 20 years ago," says ACIP founding director Geshe Michael Roach. "So far we have digitally preserved nearly half a million pages of text. There are still countless more to find, but with enough support, these teachings can be preserved forever-and for everyone."

The Asian Classics Institute is a non-profit organization operating solely on donations. To make a donation to the ACIP, please call **(212)737-4619** or e-mail jbrady@asianclassics.org

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BIOS

John Brady, Executive Director, ACIP

John Brady practiced Buddhist meditation for over twenty years, in both Japanese Zen and Tibetan Buddhist traditions. He has been Director of Asian Classics Input Project since 1999, when he left a successful career as Director of Special Markets for the Lillian Vernon Corporation to undertake this challenging position.

He currently teaches Buddhist philosophy and practice at Diamond Mountain in Arizona, as well as at Asian Classics Institute (ACI) in New York. John is also a director of the Yoga Studies Institute, a non-profit educational institute that grounds students in the classical tradition of yoga.

Kimberley Veenhof, Executive Director, Yoga Studies Institute

Kimberley Veenhof is Executive Director and a Senior Staff Teacher for Yoga Studies Institute. Kimberley teaches yoga, buddhist philosophy and tantric studies in North America, Europe, and Asia. She has been in deep study with Geshe Michael Roach and many spiritual and yoga teachers around the world for 15 years. She is also CEO of Kaladanda Yoga Clothing, an organization dedicated to providing yoga education through the medium of clothing. Kimberley is a staff teacher of Tibetan Heart Yoga & Classics of Yoga.

Geshe Michael Roach, Founding Director

Geshe Michael Roach is the first American to complete the entire 20-year scholastic program of a Tibetan monastery. A graduate of Princeton University, he began his Tibetan studies in the early 1970's, and soon afterwards began to study Sanskrit as well. While studying with Tibetan refugee scholars, he was struck by their tragic loss of nearly all of the printed copies of their literature and textbooks. In the late 1980's, he started Asian Classics Input Project as a way to preserve remained of it, and to make it again available for monks and scholars.

He is also committed to translating, teaching, and practicing Buddhist teachings. In 1993, he founded Asian Classics Institute, and spent the next seven years translating and teaching the traditional monastic philosophical texts to westerners. These were taught first in New York, and later made available worldwide through the internet.

From March 2000 to June 2003, he undertook a traditional 3-year meditation retreat in the Arizona desert. Since that time, he has spent his time teaching, writing books, and translating traditional Buddhist literature, while making sure to devote at least four months every year to personal retreat.

To arrange interviews, contact Scott Vacek at 248-425-4225 or e-mail scottvacek@gmail.com.

For more information about ACIP visit us at www.asianclassics.org.