



- 1974 Swamiji was initiated into formal meditation & yoga in Transcendental Meditation
- 1975 BA in Interdisciplinary Studies
- 1976 became Transcendental Meditation teacher
- 1980 MA in Nonverbal Communication Research
- 1988 Met his guru in India
 - Advanced private study with BHU Ayurveda professors in India
- 1989 Ayurveda Certification, Founded monastery in US offering spiritual & Ayurveda support
- 1990 Published Yoga Vani by Swami Shankar Purushottam Tirtha
 - Advanced study with Ayurvedic doctors in Himalayas
 - Developed one of the first Ayurveda herbal product lines in USA
- 1991 Founded International Vedic Institute [one of the first Ayurveda schools in the USA]
 - Advanced study with Ayurvedic doctors in Himalayas
 - Recognized as swami (monk) from his guru, Swami Narayan Tirtha
- 1995 Published second book, Guru Bani by same author
- 1998 Wrote the Ayurveda Encyclopedia (30,000 copies in print to date) - Amazon #1 bestseller
 - Completed Ayurveda scientific research study on allergies
- 1999 Earned first Doctor of Science (D.Sc.) in Ayurveda medicine (first Ayurveda D.Sc. the USA)
- 2000 Research study published in American Ayurveda Journal (July), Wrote the Ayurveda Primer ebook
- 2007 Wrote Bhagavad Gita for Modern Times (commentary/ translation)
- 2010 Shamans in the Amazon rainforest recognized Swamiji as a natural-born shaman & healer
 - Created International Joy Workshops Tour
- 2011 Developed Instant Energy & Healing through the Heart Meditation course
 - Wrote a screenplay - a spiritual comedy
- 2012-2014 Co-chair Spiritual Arts festival
 - Developed Medical Intuitive Training
 - Joined Toastmasters (public speaking & leadership training club)
- 2015-Present Stress Management Workshops at Colleges & Companies
- 2016 Advanced Mediumship studies at Lily Daly, NY
 - Certified Advanced Psychic Medium (Lisa Williams ISSD school)
- 2017 Wrote the book, 21 Days of Joy: Embracing Our Essential Nature
 - Wrote The Ayurveda Primer: The A, B, C's of Ayurvedic Medicine
 - Developed Shamanic Workshops in Transformative Spiritual Leadership
 - Teaching Beginner Meditation Course at LilyDale Assembly
 - Joined Evolutionary Business Institute
 - Began development of screenplay
- 2018 Launched 21 Days of Living in Joy online masterclass

more below

Certified Convention Speaker

White House Commission on Complementary & Alternative Medicine Policy
Johns Hopkins University
Penn State University
St. George's Medical College, Grenada
Ayurveda College Haridwar, India
Toastmasters ACG, ALB
Evolutionary Business Institute member

Author

Amazon #1 Bestseller, The Ayurveda Encyclopedia (30000+ copies in print)
21 Days of Joy
Stress-Free College Student
Ayurveda Primer
Bhagavad Gita for Modern Times

Websites

<https://SwamiSadashivaTirtha.com>
<https://TheHipGuru.com>
Ashram: <https://SwamiNarayanTirtha.org>
Facebook: <https://facebook.com/monkmedium>
Radio Host: <https://www.blogtalkradio.com/cowboyswamishaman>
Youtube: <https://www.youtube.com/user/TheHipGurusGuide/>
Instagram: <https://www.instagram.com/monkmedium/>

Social Focus

~ Swami lives and supports safe, fair trade products and donates a portion of his profits to Kiva (microcredit loans to entrepreneurs globally)
~ Swami volunteers for various leadership & public speaking community events through his Toastmaster club for students; and on his own he has volunteered his time to share his healing gifts for the local high school SADD event

2018 Global Mission: To help create world peace by helping have food in every belly, health in every body, love in every heart, and peace in every mind, vision in every brain, and joy in every soul.

2018 Individual Mission: To help people live in their wellness & joy, and live the life of their dreams.