

## Dada Veda: Meditation Teacher, Musician and Author

Ecology, social justice and spirituality are the themes which run through the lyrics of Dada Veda's meditation-inspired songs. Using an acoustic folk-rock-country style, Dada sings about a world where people live side-by-side, respecting each other and the planet they live on.

Dada was born in New York City in 1946. "I remember the sudden appearance of rock 'n' roll music in 1955 and it formed the 'sound track' of my youth," says Dada. "Buddy Holly, The Everly Brothers and the doo-wop vocal groups of the 1950s were among my early favorites," he added.

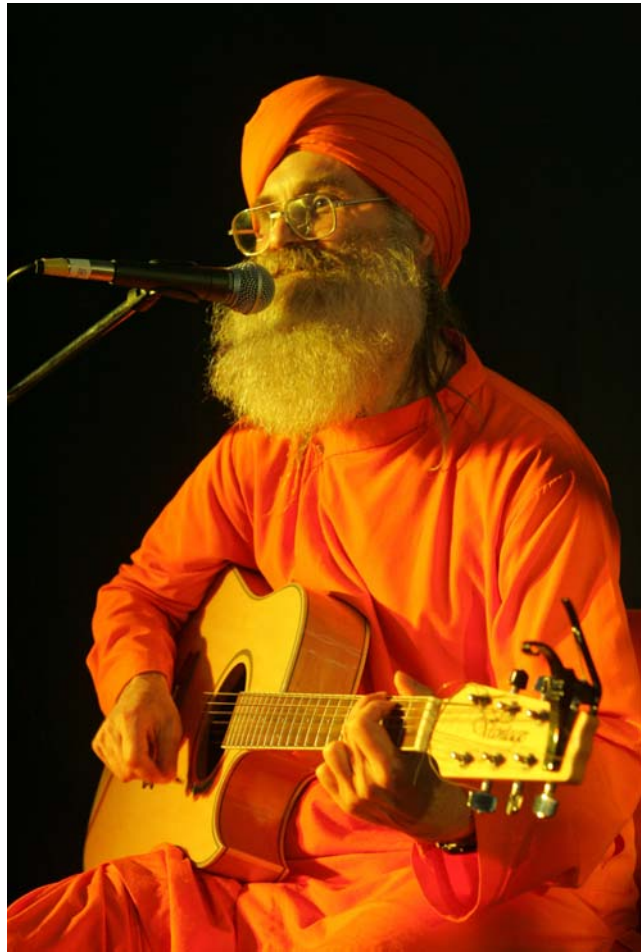
Dada learned how to play a guitar during his university years, and upon graduation in 1968, he hitch-hiked to California "trying to find my place in the world."

It was in California that Dada met a monk of the Ananda Marga spiritual movement (see [www.anandamarga.org](http://www.anandamarga.org)) in 1970. "I learned meditation and went into heart and soul," Dada recalls.

"I was inspired by the opportunity to learn an authentic kind of meditation free of charge as well as by the message of social justice and social service put forward by Ananda Marga's founder, Shrii Shrii Anandamurti," Dada explained. After only six months of meditation, Dada quit his job as a library assistant at Stanford University and began working for Ananda Marga full time.

In 1977 Dada became an orange-robed monk of Ananda Marga. His name "Dada Veda" is a shortened form of his full monastic name Acarya Vedaprajinananda Avadhuta. "Dada" means respected elder brother.

Dada's first assignment as a meditation teacher was in France, where he spent five years. In subsequent years Dada worked in the Far East (Taiwan, Japan, Korea and Hong Kong), then several countries in Western and Eastern Europe. Dada is currently based in



Albania where he runs a kindergarten and other educational programs in a needy neighborhood. (see [www.albaniansunrise.com](http://www.albaniansunrise.com))

Dada is a skilled editor and writer, and in 1990 founded the magazine **New Renaissance**, whose website [www.ru.org](http://www.ru.org) is a respected repository of articles on ecology, sustainable development and social justice. Dada has written numerous magazine articles and the book, **The Wisdom of Yoga**, which is an introduction to the philosophy of Yoga.

Although Dada has been playing the guitar since 1966, it was only in 2002 that he began writing songs. "I reached a new level in my spiritual growth and wanted to express it in songs," says Dada. In 2003 he released a CD entitled **Brighter Than the Sun** and recently laid down the guitar and vocal parts for a forthcoming CD.

"I hope my music can help inspire others to walk on the path of self-realization and service to humanity," says Dada.

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