

What Is in the Name “Shanti”?

SHANTI is the Sanskrit name of Ellen Catacchio. The word Shanti, with which all yogis are familiar, means not only "peace" but "the peace that passeth all understanding." Shankaracharya called it "the peace of right knowing."

Shanti wanted a name that would honor the openings that she's received through Svaroopā Yoga and SvaroopāVidya — a name that would help her continue to stay in the flow of grace. Shanti is grateful to have received her name under such auspicious circumstances: she received it February 2013 in India with Swamiji Nirmalananda at the Kumbha Mela. Her name Shanti honors her experiences there.