

BRIEF INTRODUCTION OF SATSANG

The Akhil Bhartiya Santmat Satsang is a spiritual organisation, founded by Param Sant Mahatma Shri Yashpal Ji Maharaj for the benefit of entire mankind and is devoted to the spiritual practice of Anand Yoga, an essence of Raj Yoga (a form of Dhyana Yoga) whereby the hardships and sufferings usually undergone by a Raj Yogi are eliminated. Virtually, it is a path of addition where nothing is physically renounced and only the name of the Almighty Lord is added in one's routine. A start is made by the quicker achievement of the concentration of mind. This Brahm Vidya (spiritual knowledge), one of the most unique path to attain spiritual life free from stresses and strains of modern way of life, has been evolved by the great Grihasthi (House Holder) saints of the Order of Akhil Bhartiya Santmat Satsang. It is the same ancient spiritual knowledge of Maharishi Ashtavakra who initiated Raja Janak in this path – the Absolute Truth leading to Self-Realisation.

This method is so devised that it suits to everyone without discrimination of Caste, creed, colour, status, profession or religion. To achieve the highest state of spirituality and tension-free living, this method is being practised by the followers from all over India and abroad under the practical guidance of Param Sant Rupwati ji (Param Pujaniya Mata Ji) and Param Sant Suresh Ji (Pujya Bhaiya Ji) "Sanrakshak" of this organisation, working day & night for the benefit of spiritual aspirants.

Branches of Satsang are located all over India and abroad. Practice of concentration and meditation is followed in these centres on every Thursday from 6.30 to 8.00 p.m. and every Sunday from 9 a.m. to 11 a.m. Those Spiritual aspirants who attend these satsang programmes regularly and follow the practice of Anand Yoga are blessed with rare spiritual experiences viz. trance, 'Ulat -Dhar', activation of Spiritual Chakras, twenty four hours remembrance of Lord, Sahaj-Samadhi and 'Self-Realization' and Jivan-Mukta- Avastha with Satguru's grace.

GURU PURNIMA MAHOTSAV

Dear Brethren,

With the extreme benevolence and grace of the Almighty, 'Guru Purnima Mahotsav' will be celebrated on Sunday, the 25th July, 2010 between 9 a.m to 1 p.m. and 5 p.m. to 9 p.m. under the guidance of Param Sant Pujya Mata Ji Smt. Rupwati Devi Ji (wife of Param Sant Mahatma Shri Yashpal Ji Maharaj - Pujya Bhai Sahib Ji) at Anangpur Ashram. It is hoped that all Satsangi brothers & sisters will participate and benefit from spiritual bliss of the Satgurus of the Order (liberated souls). You are also requested to inform all Satsangi brothers and sisters and bring other devotees and spiritual aspirants along with you to join this function.

Humbly yours :
Janardan Singh
Secretary (P & C)

Note :

1. Persons arriving from out stations may get down at Faridabad Junction Rly. Station. Transport will be available on 24th & 25th July, 2010.
2. Persons arriving from Delhi, New Delhi & ISBT may take Faridabad buses from Sarai Kale Khan and reach Badarpur Border. Transport facility will be available on 24th & 25th July, 2010 from Badarpur Border to Anangpur Ashram. Alternatively, Satsangees may come to Sarai Khwaja from Badarpur Border from where three-wheeler may be engaged for Anangpur Ashram.

Health Check-up Camp: This Camp is going to be organised at Saint Brijmohan Lal Hospital, Anangpur on 24th and 25th July, 2010 between 10 a.m. to 5 p.m.

PROGRAMME

Meeting of Youth Forum on Saturday, the 24th July, 2010 between 3 to 5 p.m.

Akhand Shanti Path :

From 7 p.m. on Saturday, the 24th July, 2010 to 7 a.m. on Tuesday, the 27th July, 2010.

The Jap of 'Om Shanti' is done by thought and not by tongue, the aspirants experience immense internal peace and bliss in this Jap.)

Monday, the 26th July, 2010

Morning :

06.00 to 06.30 a.m.	Ramdhun & Prayer
09.00 to 10.00 a.m.	Concentration & Meditation
10.00 to 11.00 a.m.	Discourse on how to achieve spirituality
11.00 to 11.30 a.m.	Distribution of Prasad

Evening : 6.00 to 7.00 p.m.

6.00 to 7.00 p.m.	Concentration & Meditation
7.00 to 8.00 p.m.	Discourse on how to achieve spirituality
8.00 to 10.00 p.m.	General Body Meeting

Tuesday, the 27th July, 2010

Morning : 5.00 to 5.30 a.m.

Ramdhun & Prayer

6.00 to 7.00 a.m.

Collective Shanti Path

Evening: 5.00 to 7.00 p.m

Meeting with satsang organisers

Note : The initiation programme will be performed on 27th July, 2010. Those desirous to undergo initiation must give their names in advance through centre incharges.