

**GUIDE LINES TO BE FOLLOWED BY
ALL ASPIRANTS
ATTENDING THE PROGRAMME**

1. Have identity card issued from the Registration Counter on arrival at satsang venue and always keep it with you for security reasons. Show your identity card on demand to security personnel.
2. To maintain sanctity and serenity of Samadhi of Param Sant Mahatma Shri Yash Pal Ji Maharaj (Param Pujya Bhai Sahib Ji), do not stay in 'Samadhi Sthal' after having 'darshan'. Complete silence should be observed in this holy place.
3. The heart should always be merged in Lord's remembrance in the Ashram premises so as to derive the maximum benefit.
4. All satsangi brothers & sisters should cooperate fully and participate in all activities & programmes of Satsang.
5. Reach Pandal well in time to attend all satsang programmes as per schedule to derive the maximum spiritual benefit.
6. Persons arriving earlier in the Pandal should take their seats in the front to avoid inconvenience to those arriving later.
7. Do not waste drinking water unnecessarily.
8. Keep your Mobile Phones switched off during Programmes.
9. Mothers should not take their babies and children to the Pandal during the time of Meditation and Collective Shantipath.
10. Maintain cleanliness and sanctity of the Satsang Ashram complex. Do not bring shoes/sleepers near pandal, shantipath rooms and samadhi premises.
11. Do not bring any valuables with you. Do not bring needful clothings, bedding and articles of personal including torch, cap, Mala and odomos for your convenience.
12. Do not use articles/things belonging to other Satsangi brothers and sisters without their prior permission.



BRIEF INTRODUCTION OF SATSANG



JANMA MAHOTSAV
4 - 6 DECEMBER, 2010

Satsang Venue :-
Akhil Bhartiya Santmat Satsang Ashram
Anangpur (Distt. Faridabad) - 121003

Head Office :-
B-20, C.C. Colony, Opp. Rana Pratap Bagh,
Delhi-110007

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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 Pujaniji Mata Ji) and Param Sant Suresh Ji (Puja Bhalya 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.

JANMA MAHOTSAV, Dec. 2010

Dear Brethren,

With the extreme benevolence and grace of the Almighty, 'Janma Mahotsav' of Param Pujya Bhai Sahibji (Param Sant Mahatma Shri Yashpal Ji Maharaj) will be celebrated from Saturday, the 4th December, 2010 to Sunday the 6th December, 2010 under the guidance of Param Sant Pujya Mata Ji Smt. Rupwati Devi Ji (Wife of Param Sant Mahatma Shri Yashpal Ji- Pujya Bhai Sahabji) and Param Sant Bhaiya Suresh Ji at Anangpur Ashram. All Satsangi brothers & sisters are requested to participate and be benefitted. 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)

Website : www.abesatsang.org
e-mail : info@abssatsang.org
Fax : 011-27415381

Note :

1. Persons arriving from out stations may get down at Faridabad Junction Rly. Station. Transport will be available on 4th and 5th December, 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 4th and 5th December, 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 Anangpur Ashram Hospital on 4th and 5th December, 2010 between 10 a.m. to 5 p.m.

PROGRAMME

Akhand Shanti Path :

From Saturday, the 4th December, 2010 10 a.m.
to Monday, the 6th December, 2010 - 10 a.m

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

Saturday, the 4th December, 2010

Morning : 9.00 to 2.00 p.m. Shram Seva
Evening : 3.00 to 4.00 p.m. Meeting of Youth Forum
5.00 to 6.00 p.m. Concentration & Meditation
6.00 to 7.00 p.m. Discourse on how to achieve spirituality
10.00 to 11.00 p.m. Group Discussion

Sunday, the 5th December, 2010

Morning : 07.00 to 07.30 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 : 5.00 to 6.00 p.m. Concentration & Meditation
6.00 to 7.00 p.m. Discourse on how to achieve spirituality
10.00 to 11.00 p.m. Group Discussion

Monday, the 6th December, 2010

Morning : 07.00 to 7.30 a.m. Ramdhun & Prayer
09.00 to 10.00 a.m. Collective Shanti Path
Evening : From 06.00 p.m. Meeting with satsang organisers

Note : The initiation programme will be performed on 6th December, 2010. Those desirous to undergo initiation must give their names in advance through satsang organisers.