

GUIDE LINES TO BE FOLLOWED BY ALL ASPIRANTS ATTENDING THE PROGRAMME

1. Maintain silence (**Maun**) after entering the Satsang Ashram premises. The heart should always be merged in Lord's remembrance so as to derive the maximum benefit.
2. 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.
3. One is host as well as invitee at Satsang Venue and can offer volunteer services where ever necessary.
4. Reach Pandal well in time to attend all satsang programmes as per schedule. Keep your Mobile Phones switched off.
5. Persons arriving earlier in the Pandal should take their seats in the front to avoid inconvenience to those arriving later.
6. Do not waste drinking water unnecessarily
7. Mothers should not take their babies and children to the Pandal during the time of Meditation and Collective Shantipath.
8. Maintain cleanliness and sanctity of the Satsang Ashram complex. Do not bring shoes/sleepers near pandal, shantipath rooms and samadhi premises.
9. Do not bring any valuables with you. Do bring needful clothings, bedding and articles of personal including torch, Mala and odomos and Kori Dhoti (for Shanti Path) at your convenience.
10. ABSS Satsang literature and Sant Sudha Magazine and CD and DVD of Discourses on spirituality and how to achieve it may be obtained from Book Stall.

Free Health Check-up Camp:

This Camp is going to be organised at Saint Brijmohan Lal Hospital, Anangpur Ashram on 18-20 April, 2013 between 10 a.m. to 5 p.m.

Satsang Literature and Quarterly Magazine
'Sant Sudha' published by Akhil Bhartiya
Santmat Satsang (Regd.) founded by Param
Sant Mahatma sh. Yash Pal ji

Satsang Literature

1. Anand Yoga Vol. I	Hindi
2. Anand Yoga Vol. II	Hindi
3. Anand Yoga Vol. I	English
4. Anand Yoga Vol. II	English
5. Sadhan Paddhati	Hindi
6. Ashtavakra Gita (Part I-V)	Hindi/Eng.
7. Sri Brijmohan Vachanamrit Vol.-I	Hindi
8. Sri Brijmohan Vachanamrit Vol.-I	Hindi
9. Sri Brijmohan Vachanamrit Vol.-I	Hindi
10. Sri Brijmohan Vachanamrit Vol.-I	Hindi
11. Sri Brijmohan Vachanamrit Vol.-I	Hindi
12. Gita Sudha (Part I-XV)	Hindi/Eng.
13. Sanraksahk Ke Sandesh	Hindi
14. Atam Bodh Darpan	Hindi
15. Atam Aahuti	Hindi
16. Atam Prakash	Hindi
17. Mazhab Aur Tehkikat	Hindi
18. Patra Pushpanjali Vol. I	Hindi
19. Patra Pushpanjali Vol. II	Hindi
20. Jiwan Mukht Avastha Ki Aur	Hindi
21. Anupam Naari Ratan	Hindi
22. Bhajanawali	Hindi
23. Clippings from Diary	Hindi/Eng.
24. Sadhan Paddhati Ist Step	Hindi
25. Sadhan Paddhati 2nd Step	Hindi
26. Iti Marg Ki Sadhana	English
27. In Quest of Spiritualism Vol. I	English
28. In Quest of Spiritualism Vol. II	English

Quarterly Magazine : Sant Sudha

Annual Subscription : Rs. 200/-

Life Membership : Rs. 2000/- (for 15 years)

Educational Institutions : Rs. 1000/- (for 10 years)

Note : To get information of coming satsang programmes and to get satsang literature, Quarterly Magazine 'Sant Sudha', CD's & DVD's of discourses please contact on **Phone Nos. :** 098102-39677, 099684-89927.

E-mail : dr_janardansingh@yahoo.com
info@abssatsang.org

Akhil Bhartiya Santmat Satsang (Regd.)

Head Office

B-20, C.C. Colony, Opp. Rana Pratap Bagh, Delhi-7



56th Annual Bhandara Spiritual Programme

18-21 April, 2013

Satsang Venue:

**Satsang Ashram, Anangpur,
Surajkund-Badkhal lake Road,
Faridabad (Haryana)**

For detailed information

Website : www.abssatsang.com

E-mail : info@abssatsang.org

आनन्द योग - A Divine Science के ध्यान व योगाभ्यास के सिद्धान्तों के विवरण को पिछले आध्यात्मिक उत्सवों के कार्यक्रमों में टी.वी. चैनल 'साधना' पर प्रत्येक गुरुवार से रविवार प्रातः 7.50 से 8.10 बजे तक देखा जा सकता है।

BRIEF INTRODUCTION OF SATSANG

Akhil Bhartiya Santmat Satsang (ABSS) 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 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 ABSS. 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 did not remain confined to Hinduism alone, but also found its way into other religions.

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 good living, this method is being practised by the followers from all over India and abroad under the practical guidance of Param Sant Suresh Ji (Pujya Bhaiya Ji) "Sanrakshak" of this organisation. The headquarter of ABSS is located at B-20, C.C. Colony, Delhi- 110 007.

Weekly Satsang on Sunday (9 a.m.-11 a.m.) and Thursday (6.30 p.m.-8.00 p.m.) i.e. practices of Meditation and Concentration is being carried out in more than one thousand ABSS Satsang Centres located all over India and abroad. 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, 24 Hours remembrance of Lord, Sahaj-Samadhi and Jivan-Mukta- Avastha with Satguru's grace.

ANNUAL SPIRITUAL FUNCTION 2013

Dear Brethren,

With the extreme benevolence and grace of the Almighty, an Annual Spiritual Function 'Annual Bhandara' to commemorate the memory of Param Sant Mahatma Shri Yashpal Ji Maharaj (Pujya Bhai Sahib Ji) and Param Sant Mahatma Smt. Rupwati Devi (Pujya Mata ji) is being organised this year during Ram Naumi from **Thursday, 18th April to Sunday, 21st April, 2013** at ABSS Ashram, Anangpur, Distt. Faridabad. 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.

Contact Nos. : 9810239677,
9873300131, 9313063971.

Humbly yours :
Suresh

Note :

1. For persons arriving at Faridabad Rly. Station, the volunteers and transport will be available on 17th and 18th April, 2013. Alternatively satsangees may take Haryana Roadways city bus CS-12 (plying from Ballabgarh to Badarpur) from NIT Faridabad and reach Anangpur Chowk.
2. Satsangis coming from Delhi, New Delhi & Anand Vihar Railway Stations may take Metro Rail to reach Tughlakabad Metro Station and after crossing the subway catch the Haryana Roadways City Bus No. CS-12 (which ply via Surajkund and Annagar for Ballabgarh) and reach Anangpur Chowk. Alternatively, Satsangees may come to NHPC Chowk (Budhia Naala) from where three-wheeler may be engaged for ABSS Ashram, Anangpur.

PROGRAMME

Meeting of Youth Forum on Wednesday, the 17th April, 2013 between 8 to 9 p.m.

Akhand Shanti Path :

From 7 a.m. on Thursday, April 18, 2013 to 7 a.m. on Sunday, April 21, 2013.

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

Thursday, the 18th April, 2013

Morning :

05.00 to 06.00 a.m.	Ramdhun & Prayer
09.00 to 10.00 a.m.	Concentration & Meditation
10.00 to 11.00 a.m.	Collective Shanti Path
12.00 to 01.00 a.m.	Discourse on how to achieve spirituality

Friday & Saturday, April 19-20, 2013

Morning :

06.00 to 06.30 a.m.	Ramdhun & Prayer
08.00 to 09.00 a.m.	Concentration & Meditation
09.00 to 10.00 a.m.	Collective Shanti Path
11.00 to 12.00 a.m.	Discourse on how to achieve spirituality

Afternoon : 4.00 to 5.00 p.m.

18th April, 2013	The Holy Quran, Masnavi Maulana Rome & Life sketch of Great Muslim Saints
19th April, 2013	Bhagwad Gita and life sketch of Bhaktas and Saints
20th April, 2013	Ramcharit Manas and life sketch of Bhaktas and Saints

**Thursday, Friday & Saturday
18th, 19th & 20th April, 2013**

Evening :

6.30 to 7.30 p.m.	Concentration & Meditation
7.30 to 8.30 p.m.	Life Sketch of the Great Holy Saints of the Order
10.30 to 11.30 p.m.	Toli Charcha (Group Discussion) (General Body Meeting on 20th April, 2013)

Sunday, the 21st April, 2013

Morning :

5.00 to 5.30 a.m.	Ramdhun & Prayer
6.00 to 7.00 a.m.	Collective Shanti Path
7.00 to 8.00 a.m.	Shradhanjali and Devotional Songs

Evening:

3.00 to 5.00 p.m Meeting with satsang organisers.

Teleconferencing with satsangis residing abroad on 22nd April, 2013 at 9.00 A.M.