

**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.
2. The heart should always be merged in Lord's remembrance in the Satsang premises so as to derive maximum benefit of Satsang.
3. Reach Satsang Hall well in time to attend all satsang programmes as per schedule to derive the maximum spiritual benefit.
4. Persons arriving earlier in the Hall should take their seats in the front to avoid inconvenience to those arriving later.
5. Do not waste drinking water unnecessarily.
6. Keep your Mobile phones silent mode during programmes.
7. Maintain cleanliness and sanctity of the Satsang Hall complex.
8. Do not bring any valuable with you. Do bring needful clothings, bedding and articles of personal use including torch, cap, mala etc.
9. **Spiritual literatures and quarterly magazine SANT-SUDHA of Akhil Bharatiya Santmat Satsang and CD & DVD on discourses on spirituality and how to achieve it are available at book stall during satsang programmes.**

**For detail information of fourth coming spiritual satsang programmes in different parts of the country and availability of the spiritual literatures of Akhil Bharatiya Santmat Satsang and Sant Sudha, a quarterly magazine as well as CD & DVD one may contact Mob: 09810239677 or 09968489927**

E-mail: [info@abssatsang.org](mailto:info@abssatsang.org) or [dr\\_janardansingh@yahoo.com](mailto:dr_janardansingh@yahoo.com)

Note : Param Pujya Suresh Bhaiyaji and party will start from Mumbai on 18-01-2013 Friday at 11.40 a.m. by Train No.16345 Nethravathi Express from Kurla and will reach Aluva on 19-01-2013 at 13 ours.

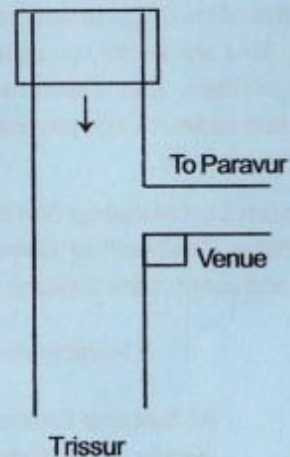
Return Joumy to Delhi by Train No. 12627 Kerala Express from Aluva at 16.30 ours on 21-01-13.

**Contact Mobile Phone Numbers**

Ajithkumar. A            08089001124 (Ernakulam)  
Col. Prabhakaran. V.K. 09544184276 (Palakkad)  
K.R.R. Namboodiripad 09497062912 (Thrissur)  
Dhandapani. P            09894321453 (Thirupattur TN)  
G.R. Sathiyarayanan 09480500500 (Bangaluru)  
Biju Unnikrishnan        09633212863 (Ernakulam)

Aluva Town

NH 47



**AKHIL BHARATHIYA  
SANT MATH SATSANG (Regd)**

(H.O. B-20,CC Colony  
Opp. Rana Pratap Bagh. Delhi- 110007)



**SPIRITUAL FUNCTION  
ANAND YOGA- A DIVINE SCIENCE**

PROGRAMME  
19 to 21<sup>st</sup> Janaury 2013

Satsang Venue:  
**Namboodiri Madam Auditorium**  
Paravoor Kavala  
Aluva- 3, Ernakulam Dt. Kerala  
Ph: 0484 2606469, Mob: 09856159277

For Detail Information:

Our Website: [www.abssatsang.org](http://www.abssatsang.org)  
E-mail: [info@abssatsang.org](mailto:info@abssatsang.org)  
Anand yoga A divine Science is Available in  
SADHANA TV Channel  
Thursday to Sunday Morning 7.50 - 8.10a.m.

ABSS Satsang Ashram  
Anangpur Village, Faridabad  
Hariyana.



## BRIEF INTRODUCTION OF AKHIL BHARATIYA SANTMAT SATSANG

The Akhil Bharatiya Santmat Satsang (ABSS) is a spiritual organisation, founded by Param Sant Mahatma Shri Yashpal Ji Maharaj (Pujya Bhai Sahibji) 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. It is the same ancient spiritual knowledge of Maharishi Ashtavakra who initiated Raja Janak in this oath-the Absolute Truth leading to Self- Realisation. The Ananda Yoga 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.

This method is so devised that it suits to everyone without discrimination of caste, creed, colour, status, profession or religion and one can achieve the highest state of spirituality and tension-free living Anandayoga this method is being practised by the aspirants from all over India and abroad presently under the practical guidance of Param Sant Shri. Suresh Ji (Pujya Bhaiya ji) "Samrakshak" of Akhil Bharatiya Santmat Satsang.

Branches of ABSS are located all over India and abroad. Practice of concentration and meditation is being practised in these centres on every Thursday from 6.30 to 8.00 p.m. and every Sunday from 9.00 a.m. to 11 a.m. The Spiritual aspirants who attend these satsang programmes regularly and follow the practice of Anand Yoga are blessed with rare spiritual experience Viz. trance, 'Ulatdhar', activation of Spiritual Chakras, twenty four hours remembrance of Lord, Sahaj Samadhi and "Self Reliaization" and Jivan Mukta- Avastha by the grace of Satgurus and Saints of the order.

## AKHIL BHARATIYA SANTMAT SATSANG (Regd.)

(H.O. B-20, C.C. Colony, Opposite Rana Pratap Bagh,  
Delhi - 110 007)

### SPIRITUAL FUNCTION ANAND YOGA - DIVINE SCIENCE

Dear Brotherrn,

With the extreme benevolance and grace of the Almighty and blessings of Saints of the Order and Samrakshak of Akhil Bharatiya Santmat Satsang Param Sant Mahatma Shri. Suresh Bhaiya ji a spiritual - Function (Mediation and Concentration) has been arranged at Aluva, Kerala from 19-01-2013 to 21-01-2013.

In these Ananda Yoga Sadhana Camps the Japa of "Om Shanti" or the name of one's "Isht Dev" is being done not by tongue but by heart. By doing so the aspirants experience immense internal peace and tranquility of mind.

All satsangi brothers and sisters are requested to participate and be benefited from the Spiritual bliss of the Satgurus and Saints of the order and God. You are kindly requested to inform all satsangi brothers and sisters and bring other devotees and aspirants with you to participate in this Satsang Programme.

Param Sant Mahatma Shri Sureshji Maharaj (Param Pujya Bhaihyaji) of Delhi will grace the occasion and conduct the Satsang programmes .

Humbly Yours

All Satsangi Brothers & Sisters of  
Kerala, Tamil Nadu & Karnataka

## PROGRAMME

### AKHAND SHANTHIPAT

19-01-2013 SATURDAY 9.00 PM

TO 21-01-2013 MONDAY 9.00 AM (36 HOURS)

*(The japa of 'Om Shanthi' is done by thought and not by tongue. The Participants experience immense internal peace and bliss in this japa.)*

### Saturday 19 Jan 2013

Evening

- |                        |                                          |
|------------------------|------------------------------------------|
| 6.00 p.m. to 7.00 p.m. | Concentration & Meditation               |
| 7.00 p.m. to 8.00 p.m. | Discourse on how to achieve Spirituality |
| 8.00 p.m. to 8.30 p.m. | Distribution of Prasad                   |
| 10.00 p.m - 11.00 p.m  | Group Discussion                         |

### Sunday 20-01-2013

- |                          |                                          |
|--------------------------|------------------------------------------|
| 6.00 a.m. to 6.30 a.m.   | Ramdhun & Prayer                         |
| 9.00 a.m to 10.00 a.m.   | Concentration & Meditation               |
| 10.00 a.m. to 11.00 a.m. | Discourse on how to achieve Spirituality |
| 11.00 a.m. to 11.30 a.m. | Distribution of Prasad                   |

Evening

- |                          |                                          |
|--------------------------|------------------------------------------|
| 6.00 p.m to 7.00 p.m     | Concentration & Meditation               |
| 7.00 p.m. to 8.00 p.m.   | Discourse on how to achieve Spirituality |
| 8.00 p.m to 8.30 p.m.    | Distribution of Prasad                   |
| 10.00 p.m. to 11.00 p.m. | Group Discussion/ Meeting                |

### Monday the 21st Jan 2013

- |                        |                        |
|------------------------|------------------------|
| 6.00 a.m. to 6.30 a.m  | Ramdhun & Prayer       |
| 8.00 a.m. to 9.00 a.m. | Samuhic Santhipath     |
| 9.00 a.m. to 9.30 a.m. | Distribution of Prasad |