



2-Year Sannyasa Lifestyle Experience
(For Indian nationals)

Sannyasa Peeth
Paduka Darshan, Munger, Bihar





Glory of Sannyasa

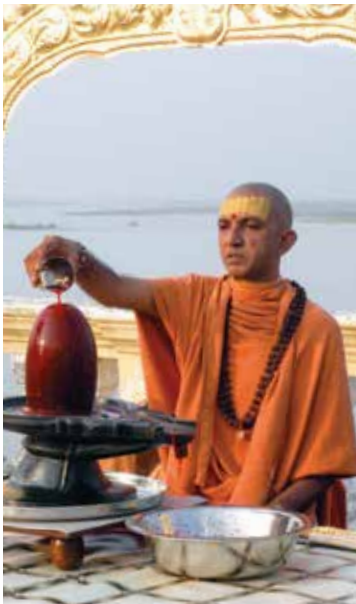
A real sannyasin is the only mighty potentate on this earth. He never takes anything. He always gives. It was sannyasins who did glorious work in the past. It is sannyasins who will work wonders in the present and in the future also. It is only bold sannyasins, who have cut off all ties and connections, who are fearless, freed from delusion, passion and selfishness, who can do real service to the world. One real sannyasin can change the destiny of the whole world. Shankaracharya conquered the entire length and breadth of India and established the grand tradition of Advaita Vedanta.

Living on two rotis and two dhotis, paramahansa sannyasins visited each and every corner of the country, spreading the light and wisdom of the Upanishads, *Ramayana*, *Srimad Bhagavatam* and *Gita*. The entire

society owes them a great debt. Their poetry and prose are a source of inspiration for us even today. Just read a few slokas from the *Avadhoota Gita*. You will be transported immediately to sublime spiritual heights; all sorts of dejection, depression, worry and anxiety will vanish in the twinkling of an eye.

Just as there are research scholars and postgraduates in science, mathematics, economics, politics and other subjects, so also there should be postgraduate yogins and sannyasins who can spend their time in self-study and research into the science of the spirit. It is the duty of the householders to look after the material needs of such sannyasins. The sannyasins will look after their spiritual welfare in return. In this way the wheel of life will keep turning smoothly and peace, plenty and prosperity shall prevail everywhere.

Swami Sivananda



Vision with a blueprint

A great mission was revealed to Sri Swami Satyananda Saraswati in a vision, after which he founded the Bihar School of Yoga and later began conducting Introductory Sannyasa Training Courses. These courses were the first of their kind to be conducted along broader lines for the purpose of promoting a regenerated form of sannyasa life which could be passed on to future generations.

This course evolved from the life work and mission of Sri Swami Satyananda, which was to take concrete steps towards the development of each individual's awareness of the higher levels of consciousness and realization.

The purpose of this course is to awaken the real and deeper meaning of spiritual life and its value for each person's unfoldment,

development and fulfilment. Today such a course is necessary in order to clarify the meaning of yoga, of renunciation and of sannyasa for modern aspirants who wish to dedicate themselves totally to the awakening of their spiritual potential.

This introduction to sannyasa life is not meant for those aspirants who wish to hide themselves in a remote place away from society and live a secluded and cloistered life. Rather, it is meant to expose the aspirant to all aspects of life, using life as a teacher. No one will be bound by any ideas and values which hinder the natural progress of consciousness.

Alternate way of life

Sri Swami Satyananda recognized that the chaos, unhappiness and disorder that exists in the world, in the mind and in the societies of today are a direct reflection of the state and condition of human consciousness. In order to contribute to a better way of life on earth, he felt that man's mind must be fed new rays of inspiration, new food for thought. A realistic and practical path for the development of homogeneous awareness and existence in the internal and external worlds was needed for all categories of people.

This could be achieved by first raising the level of consciousness of a select group of individuals who are willing to surrender and devote a period of their lives to the service of themselves in general and to humanity in particular. This group of men and women will be specially trained, directed and guided in yogic, vedic and sanatana parampara. All will be exposed to spirituality in all aspects of life: physical, emotional, mental and psychic.





Ceaseless activity

This course will be a time of ceaseless activities. Day will not be differentiated from night. There will be no time for idle thoughts, doubts or confusion. The focus will be on developing a holistic lifestyle in all aspects of being.

There will be an emphasis on the practical and experiential systems of sannyasa which will include *sahayoga*, coming together to achieve, *seva*, action imbued with love, *sadhana*, the process of transformation, *swadhyaya*, the path of self-correction, *sanyam*, the cultivation of moment to moment awareness, and *samarpan*, connecting to the luminosity within.

Minds are to be expanded to their fullest capacities. Barriers will be broken within the mind with the aim of developing self-understanding and the ability to communicate with others. Without self-understanding, one cannot begin to understand and assist with the problems of others.

Purpose of the course

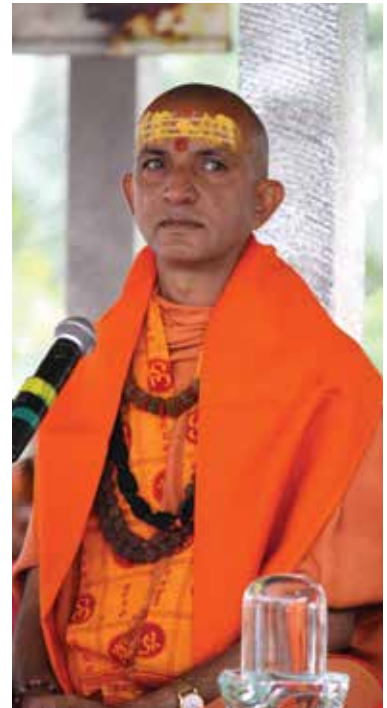
During the course the aspirants will experience the spontaneous unfoldment of samskaras taking place at an accelerated rate. Hidden thoughts will appear at the surface of the mind, and life-long unconscious fears and anxieties will be eliminated. Sannyasa life will prove to be a means to an end, the purpose of which will be to manifest the natural unfoldment of yogic consciousness and awareness of the self. The purpose of the course is to develop strong, creative minds capable of facing all situations on all levels of life with a positive attitude and creative approach.

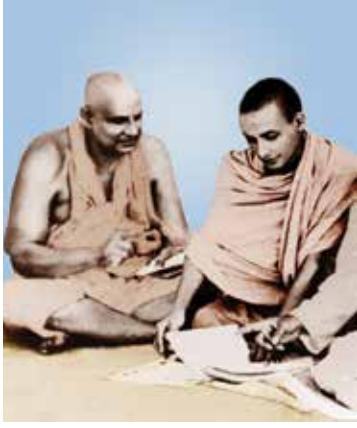


Kaleidoscope of experience

In the ashram a kaleidoscope of life will be experienced with the combination of duties and activities shared by all. Books will be compiled, edited and printed by the sannyasins themselves from the material taken from class lectures, satsangs, seminars, yoga camps and conventions. Communication and speaking will be planned, organized and executed, all as part of practical training. All maintenance of the ashram, cooking, cleaning, typing, office and clerical responsibilities, gardening, press work, teaching, research and charitable work will be assumed and shared by everyone at Sannyasa Peeth, Yoga Peeth and Rikhia Peeth.

A practical, creative, responsible as well as highly developed spiritual personality will be the aim. Individual creative thinking will be encouraged and stimulated. The ego or individual self should not be suppressed or lost, but the essence of the body, mind and soul should be spiritualized. The atmosphere will be of a strictly spiritual nature, stimulating individual initiative and expression.





Message to New Sannyasins



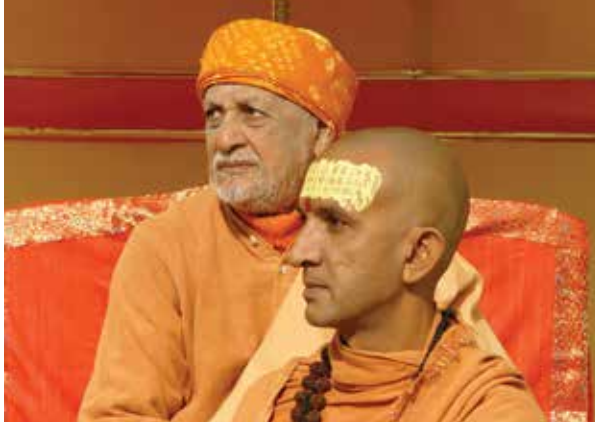
Sannyasa is not merely an order,
It is a complete spiritual life
Both exoteric and esoteric.
The unqualified consciousness manifests
And the light of atman shines.

Why sadhana for a sannyasin?
Let him stand as a witness,
Let him stand as a non-doer.

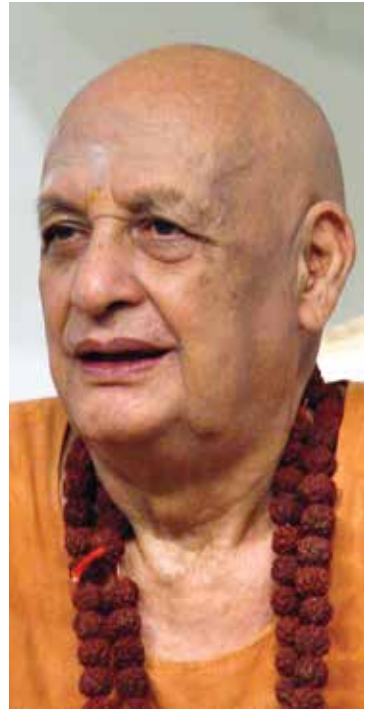
Various yoga practices
Constitute gross practices for a sannyasin
For these practices do not eradicate
The dross of inner life
Nor do they bring knowledge
Of the true spirit.

A sannyasin should enter into ashram life
And stay there for quite a long period
In a life of spirit and service
And thus render himself
Humble and egoless.

For a sannyasin
There is nothing as sadhana
And nothing as ultimate.
Even the state of turiya
Is non-existent for a sannyasin
Because sannyasa is to attain total equilibrium.
Spiritual state is eternal,
It is always there,
This a sannyasin has to know.



Renounce the sacred thread,
Chop off the tuft
And renounce the association
With previous relations
Together with caste, tribe, sect.
All these constitute the gross man.
Gradually the stages of sannyasa will manifest,
The spirit of service will unfold
Various stages of sannyasa.
Guru is the master key for a sannyasin.
Do not go the wrong way
When you are convalescing,
Do not ignore the rules in sannyasa.
Live by yourself,
Free from attachment,
Do not attend marriage ceremonies,
Burial ceremonies, ancestor worship.
Very few can see why.
When sannyasa blooms
And knowledge dawns
And power unfolds,
It sanctifies history and posterity.
One single sannyasin
Can be the creator of an epoch,
A seer of intuition
And a mastermind of traditions.
Keeping this ablaze in your mind
Step into sannyasa.



—Swami Satyananda Saraswati

Garland of Sannyasins



Swami Sivananda nurtured a hope and a vision,
And Swami Satyananda brought his dream to fruition.

It is India's first and most cherished dream,
To give to humanity – an evolved, awakened being.

They who have freed themselves
from the temptations of body and bondages
of mind,

They who are saturated with the spirit of
samarpan, swadhyaya, sadhana and seva to
mankind,

Who can flow smoothly with life's ever-
changing current,

They alone can pacify humanity's inner
spiritual torment.

Sannyasa is not renunciation,
but preparation for sacrifice.

Sacrifice does not mean self-annihilation,
but life-long service with total dedication.

Mere donning of ochre robes does not colour
one's mind,

Rather when all cares about clothes and
costumes drop away

one becomes dyed in the colour of sannyasa
straight away.

Shaved head or matted hair do not make one
a sannyasin either,

For those ever-ready to serve, isn't hair-care a
needless bother?

A sannyasin has but one all-consuming
obsession

Duty – towards his guru and his guru's mission
Duty to his fellow man, and to his Maker.

—Swami Niranjanananda Saraswati



Sannyasa Peeth

Before his Mahasamadhi in 2009, Swami Satyananda Saraswati had given his spiritual successor, Swami Niranjananda Saraswati, the mandate to establish a sannyasa peeth for the re-integration of India's spiritual heritage and culture into the fabric of present-day society.

The sannyasa peeth came into existence on 6th December 2010, the first anniversary of Sri Swamiji's Mahasamadhi. As per his directive, this is a centre dedicated to safeguarding and propagating the lofty ideals of sannyasa, a place where people from all walks of life can come to learn the art of imbibing sanskriti into their lives.

Our ancient sages and thinkers created such a vibrant and enduring spiritual culture that we are following it even today. It is on the strength of this culture alone that our civilization has survived to this day. But in this age of material hypnosis, man is

forgetting himself, forgetting his own culture and sanskriti. Sanskriti is that which refines and sublimates our thoughts and actions. *Samyak kriteriti sanskritih* – When all our actions are performed in just the perfect manner, that is when they assume the form of sanskriti.

This is the lesson which we have to learn and to pass on – imbuing perfection into our lives. The ideals of the sannyasa way of life have to be blended into society in a practical and realistic manner, so that every individual is able to experience sanskriti in their life. The sannyasa lifestyle aims towards awakening and expanding one's mind, a goal which we all can and should strive for. It is for the fulfilment of this very aim that the sannyasa peeth has been established at Paduka Darshan Gurukul on the holy banks of the Ganga in the historic city of Munger.



For further information please contact –

Sannyasa Peeth, Paduka Darshan, PO Ganga Darshan, Fort, Munger, Bihar 811201
Telephone: +91 09162 783904, 06344 222430, 06344 228603