

# Satya ka Avahan सत्य का आवाहन

Invoking the Divine

Year 13 Issue 2 March-April 2024



Sannyasa Peeth, Munger, Bihar, India



**Hari Om**

**Avahan** is a bilingual and bi-monthly magazine compiled, composed and published by the sannyasin disciples of Sri Swami Satyananda Saraswati for the benefit of all people who seek health, happiness and enlightenment. It contains the teachings of Sri Swami Sivananda, Sri Swami Satyananda, Swami Niranjanananda and Swami Satyasangananda, along with the programs of Sannyasa Peeth.

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**Published** by Sannyasa Peeth, c/o Ganga Darshan, Fort, Munger – 811201, Bihar.

**Printed** at Thomson Press India (Ltd), Haryana

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### Useful Resources

*Websites:*

[www.sannyasapeeth.net](http://www.sannyasapeeth.net)  
[www.biharyoga.net](http://www.biharyoga.net)  
[www.satyamयोगaprasad.net](http://www.satyamयोगaprasad.net)

*Apps:*

(for Android and iOS devices)

Bihar Yoga  
APMB  
YOGA (English magazine)  
YOGAVIDYA (Hindi magazine)  
FFH (For Frontline Heroes)

*Front cover:*

Satyam Charitra 2023

*Plates:*

Sannyasa Peeth Activities 2023



## SATYAM SPEAKS – सत्यम् वाणी

### Swadhya

Infinite dormant potential exists within each individual. It is there waiting only to be discovered. To find it, however, one must plunge into one's inner being. One must be like an explorer, but instead of exploring outer unknown territories one has to discover the inner uncharted environment. Like the first explorers of the world, one does not really know where it will lead.

—Swami Satyananda Saraswati

प्रत्येक मनुष्य के भीतर असीम सम्भावनाएँ प्रसुप्त हैं, बस उन्हें खोजने भर की देर है। उन्हें खोजने के लिए तुम्हें अपने अन्तरतम में गोता लगाना होगा। तुम्हें अन्वेषक बनना होगा, बाहरी दुनिया का नहीं, बल्कि अपने अज्ञात आन्तरिक वातावरण का। विश्व के प्रारम्भिक अन्वेषकों की तरह तुम्हें भी मालूम नहीं रहेगा कि यह मार्ग अन्ततः कहाँ ले जाएगा।

—स्वामी सत्यानन्द सरस्वती

**Published** and printed by Swami Kaivalyananda Saraswati on behalf of Sannyasa Peeth, Paduka Darshan, PO Ganga Darshan, Fort, Munger – 811201, Bihar.

**Printed** at Thomson Press India (Ltd), 18/35 Milestone, Delhi Mathura Rd., Faridabad, Haryana.

**Owned** by Sannyasa Peeth **Editor:** Swami Gyansiddhi Saraswati

# Satya ka Avahan

Invoking the Divine

# सत्य का आवाहन

Year 13 Issue 2 • March–April 2024

न तु अहं कामये राज्यं न स्वर्गं नापुनर्भवम्। कामये दुःखतप्तानां प्राणिनां आर्तिनाशनम्॥

"I do not desire a kingdom or heaven or even liberation. My only desire is to alleviate the misery and affliction of others."

—Rantideva



## Contents

This issue of *Avahan* is dedicated to the activities of Sannyasa Peeth during 2023

आवाहन के इस अंक में संन्यास पीठ की 2023 की गतिविधियों का प्रतिवेदन है

# Become a Changed Person

*Swami Sivananda Saraswati*



Before one can claim to be an aspirant, one should fully realize the importance of becoming a changed person morally and ethically. Aspirants should carefully avoid the dangers of self-deception by means of constant vigilance and introspection. When their entire nature is changed, purified and prepared, grace will flow by itself in the firmament of their pure heart.

Bliss will spontaneously flow and fill them when they have emptied themselves of all egoism, harshness, pride and passion. Perfection and immortality will be theirs. Where there is kindness, humility, purity and love, there spirituality springs up, saintliness shines, divinity descends and perfection manifests itself. ■

# SANNYASA PEETH TRAINING

## **Sannyasa Lifestyle Experience: January to July**

A six-month training of sannyasa lifestyle was conducted at Paduka Darshan. Participants fully involved themselves in all ashram activities. Classes on the qualities of sannyasa were conducted by Swami Ratnashakti.

## **Mantra Sadhana for Mantra Initiates: 5–10 May**

In his satsangs, Swamiji spoke on the importance of mantra and mantra practice in the life of spiritual aspirants.

The training was conducted in Hindi and English. Participants came from the Indian states of Bihar, Chhattisgarh, Jharkhand, Madhya Pradesh, Maharashtra, New Delhi, Odisha, Tamil Nadu, Uttar Pradesh, and from Bulgaria, Hungary, Singapore and Spain. Teachers were Swamis Kaivalyananda, Krishna-priya, Shivadhyanam and Yogatirtha.



*Swami Niranjanananda:* The first condition of spiritual life is represented by *manahprasad*, happiness, and *japa*, mantra repetition. Happiness is the antidote to all the negatives that appear in the mind. You can say that happiness is a protection, body armour, against every kind of suffering, pain, distress, distractions and disturbances that we face in life. If you are happy, nothing matters, and you can go through all the trials and tribulations of life with a smiling face, just like Rama and Krishna. They had struggles every moment of their life, but they were always happy and smiling. To create this condition and mood, is the first requirement in spiritual life. People think of meditation as the beginning of spiritual life; they are wrong. Happiness is the first requirement.



Then comes japa. What is japa? *Japa* means repetition. What do we repeat? The mantra. Why is it repeated? Twenty-four hours of the day our awareness, expectations, thoughts and desires, the total mind is connected with the senses, the sense objects and the response that we receive from the different sense objects. The mental nature is always entangled with the outer experiences, and there is no break.

Even when you sleep at night, at the subconscious and unconscious levels, the same stressful condition continues inside. You may be unaware of it as you are sleeping, yet the stressful condition remains as during the day; it remains the same at night also. The anxiety which you have during the day does not diminish when you sleep at night. At the subconscious and unconscious levels, it continues to simmer and boil. The stress, worry and frustration which you experience during the day continues at night. The only difference is that part of the time you are aware and part of the time you are not aware. It is like saying, you can see this building during the day; at night when it is dark you cannot see the building. Does that mean the building ceases to exist at night? It is there, but there is no visual perception.

Our stresses and stressors are with us twenty-four hours of the day; twelve hours we are aware of them, and twelve hours we are not. During the waking period we are aware of them, during the sleeping period we are not, but they continue to exist and do their job at the subconscious and unconscious levels.

How to have a break in this pattern which is continuous? Yoga says, japa becomes the medium by which you are able to cut your connection with the stressors which affect you. When you have to cut your connection with the stressors, which connect you with the world, you have to think of something different which is not worldly. If you continue to think of something which is worldly, there is no disconnection. So you need something which is not part of your natural awareness. What is not a part of your natural awareness? The mantra. With the repetition of the mantra you are diverting your mind, awareness, focus and attention from the outer to something neutral, internal and psychic.

When you disconnect from the sensorial and the mental associations, you begin to experience lightness and peace. The attention is diverted from the struggle which happens at the surface level of the mind. You become aware of that dimension of your nature where there is no struggle and you can experience momentary peace.

### **Jignasu Sadhana for Jignasu Initiates: 5-10 May**

Swamiji spoke on the role of a jignasu lifestyle and the attitude that needs to be developed. The training was conducted in Hindi and English. Participants came from the Indian states of Chhattisgarh, Karnataka, Maharashtra, New Delhi, Odisha, Tamil Nadu, Uttar Pradesh and West Bengal, and from Colombia and Israel. Teachers were Swamis Aparokshananda, Ratnashakti, Shivadhanam and Yogakanti.



## Karma Sannyasa Sadhana for Initiates: 20–26 June



This training outlined the purpose, aim and sadhana of a karma sannyasi. Participants came from the Indian states of Bihar, Chhattisgarh, Haryana, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, New Delhi, Odisha, Tamil Nadu, Uttar Pradesh and West Bengal, and from Argentina, Bulgaria, Italy and Kazakhstan. Teachers were Swamis Aparokshananda, Vijayashakti and Yogatirtha.

### Sannyasa Life Experience: July–January

A six-month training of sannyasa lifestyle was conducted at Paduka Darshan. Participants fully involved themselves in all ashram activities. Classes on the qualities of sannyasa were conducted by Swami Ratnashakti.





# संन्यास पीठ प्रशिक्षण

## संन्यास जीवनशैली अनुभव (जनवरी-जुलाई)

पादुका दर्शन में छह महीने का संन्यास जीवनशैली प्रशिक्षण आयोजित किया गया। प्रतिभागियों ने आश्रम की सभी गतिविधियों में पूरी तन्मयता के साथ भाग लिया। संन्यास जीवन की विशेषताओं एवं गुणों पर कक्षाएँ स्वामी रत्नशक्ति द्वारा संचालित की गईं।

## मंत्र साधना (5-10 मई)

यह प्रशिक्षण हिंदी और अंग्रेजी में आयोजित किया गया था। अपने सत्संगों में स्वामीजी ने आध्यात्मिक साधकों के जीवन में मंत्र और उसके अभ्यास के महत्त्व को उजागर किया।

प्रतिभागी बिहार, छत्तीसगढ़, झारखंड, मध्य प्रदेश, महाराष्ट्र, नई दिल्ली, ओडिशा, तमिलनाडु तथा उत्तर प्रदेश राज्यों और बल्गेरिया, हंगरी, सिंगापुर और स्पेन देशों से आए थे। उनके शिक्षक स्वामी कैवल्यानंद, स्वामी कृष्णप्रिया, स्वामी शिवध्यानम् और स्वामी योगतीर्थ थे।



## जिज्ञासु साधना (5-10 मई)

स्वामीजी ने जिज्ञासु जीवनशैली की उपयोगिता और इस हेतु विकसित करने योग्य दृष्टिकोण एवं मानसिकता पर चर्चा की। प्रशिक्षण हिंदी और अंग्रेजी में आयोजित किया गया था। प्रतिभागी छत्तीसगढ़, कर्णाटक, महाराष्ट्र, नई दिल्ली, ओडिशा, तमिलनाडु, उत्तर प्रदेश और पश्चिम बंगाल राज्यों तथा कोलंबिया और इस्त्रायल देशों से आए थे। उनके शिक्षक स्वामी अपरोक्षानंद, स्वामी रत्नशक्ति, स्वामी शिवध्यानम् और स्वामी योगकांति थे।

## कर्म संन्यास साधना (20-26 जून)

इस प्रशिक्षण में कर्म संन्यासी के उद्देश्य, लक्ष्य और साधना की रूपरेखा बताई गई। राष्ट्रीय प्रतिभागी बिहार, छत्तीसगढ़, हरियाणा, झारखंड, कर्णाटक, मध्य प्रदेश, महाराष्ट्र, नई दिल्ली, ओडिशा, तमिलनाडु, उत्तर प्रदेश और पश्चिम बंगाल से तथा अन्तरराष्ट्रीय प्रतिभागी अर्जेंटीना, बल्गेरिया, इटली और कजाकिस्तान से आए थे। शिक्षक स्वामी अपरोक्षानंद, स्वामी विजयशक्ति और स्वामी योगतीर्थ थे।



## संन्यास जीवन अनुभव (जुलाई-जनवरी)

पादुका दर्शन में संन्यास जीवनशैली का छः माह का प्रशिक्षण आयोजित किया गया। प्रतिभागियों की सभी आश्रम गतिविधियों में पूरी भागीदारी रही। संन्यास जीवन के महत्त्वपूर्ण पक्षों पर कक्षाएँ स्वामी रत्नशक्ति द्वारा संचालित की गईं।

# SANNYASA PEETH EVENTS 2023

## Hanuman Chalisa Path: 1 January



Chanting the *Hanuman Chalisa* 108 times at Satyam Vatika ushered in the New Year. Residents, trainees, guests and a group of BYMM children spent the day in a spirit of joy invoking the blessings of Hanuman. The program was livestreamed and thus entered the homes and hearts of devotees around the world.



*Swami Niranjanananda*: This year is the year of seva. Through seva, we celebrate the birth centenary of our master, Sri Swami Satyanandaji. Not through party or mental entertainment, but through service we celebrate the centenary.

This service is first to ourselves, then to our family, third to our society and fourth to humanity. We should focus on





acquisition of health which is physical, psychological and spiritual. We should focus on respect that we can give to each and every one, recognizing the divine nature within them. Our master, Sri Swami Satyanandaji, has said that gold can take many forms, but the raw gold has no form. When you take the raw gold and convert it into different ornaments, each ornament represents a different form. In the same manner, the divine has also taken a form in our life, as us. We may not be aware of it, but the raw material of God has manifested within us, in form of our nature and in form of our life. If we realize that to be true, then God expresses himself through us in form of love, service, purification and in form of extending a helping hand to everyone.

For us it is important to cultivate this awareness and respect and honour all living beings. Restraint of mind is also necessary, especially in these times when the attention span of every individual has shortened. If we have to sit quietly for five minutes, each one begins to wonder, 'What am I doing sitting quietly? I should be connecting with the world through Twitter, Instagram and Facebook.' No!

Open your Heartbook and connect with your heart. Drop the Facebook for it only shows you the outer image. Open the Heartbook and connect with the heart, so that the luminosity hidden within the heart expresses itself. The luminosity which hides within the heart is God, it is the luminosity of God. Restraint or learning how to cope and deal with outer distractions is also necessary for our mental, emotional and psychological health.

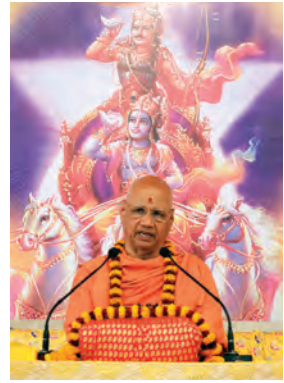
**Satyameshwar Aradhana:  
12–14 January**

The annual Satyameshwar aradhana was conducted with havan, abhisheka and the chanting of stotras. It is the sthapana diwas of Satyameshwar who was installed at Paduka Darshan in January 2014. The three-day aradhana precedes Swami Niranjan’s panchagni sadhana.



**Mahabharata Katha: 6–12 February**

For seven days, Swami Govindadeva Giri from Dharmasri ashram in Pune, enchanted everyone at Paduka Darshan with his katha on various episodes of the *Mahabharata*. Asking questions and shedding new light on each episode or character, he brought the epic alive and made it relevant for today’s times. He captured the audience with his deep insight and humour.



**Pashupat Astra Yajna: 15–17 February**

The Pashupat Astra Yajna was conducted at Akhara. It marked the culmination of Swamiji’s month-long panchagni sadhana.



## Chaitra Navaratri: 22–30 March



The auspicious period of Chaitra Navaratri was observed with havan and the chanting of stotras and mantras in Satyam Vatika.

## Hanuman Jayanti: 6 April

Hanuman Jayanti was observed with the chanting of *Sundarkand*, *Hanuman Chalisa* and other stotras in Satyam Vatika.

## Akshay Tritiya: 23 April

Akshay Tritiya was observed in Yajnashala with havan and stotras invoking the grace of Vishnu and Adi Shakti. It is a day when many events related to Vishnu took place and shaped the destiny of humankind.



## Swami Sivananda Sannyasa Diwas: 1 June

Swami Sivananda's Sannyasa Diwas was celebrated at Chhaya Samadhi. The story of his extraordinary life was told and kirtan was sung in his honour.

## Satyam Charitra: 19–27 June

Satyam Charitra was conducted in Paduka Darshan by Swami Niranjanananda wherein he narrated stories and incidents from the glorious life of Sri Swami Satyananda. Every day was dedicated to a different period of Sri Swamiji's life which highlighted the countless qualities Sri Swamiji expressed throughout his life and his attainments as a yogi and siddha. The event was livestreamed and devotees in 57 countries were able to attend the program online.



## Ved Parayan: 19 June–2 July

For the first time, all four Vedas were being chanted in Jyoti Mandir. Throughout the day the sound of the Vedas rang through the ashram. Pandits from Varanasi conducted the expert chanting while residents and guests attended, mesmerized by the sound of this ancient vidya.



## Guru Poornima Celebrations: 1–3 July



The Guru Yajna and Guru Poornima program was conducted at Paduka Darshan. This year's celebration also coincided with the culmination of Satyam Charitra which was conducted since 19th June. Swami Niranjana spoke on the life of Swami Sivananda and on



the unique meaning of Shivam and Satyam in the life of every spiritual devotee. The program was livestreamed and devotees from around the world were able to be part of the dedication offered to the gurus.



*Swami Niranjanananda:* The Sadguru Gayatri is composed of special mantras, which are unique. The mantras are Shivam and Satyam. People identify with the body, the person, the individual. There may be people who may think that this mantra is in relation to Swami Sivananda and Swami Satyananda.

*Om Sivanandaya vidmahe,  
Satyanandaya dheemahi,  
Tanno Sadguru prachodayat.*

It is connected to them, for this mantra represents something very special. The





first mantra in this Gayatri is Sivananda. The word *Sivananda* is composed of two words: *Shiva* plus *Ananda*. *Shiva* means auspiciousness, goodness, constructive positivity. That is Shiva, auspiciousness and goodness. *Ananda* is bliss. Bliss becomes the nature of a person who experiences the Shiva element in life. The abstract form of knowledge, the universal form of knowledge is *Satya*. *Satyam* means truth and *ananda* is bliss. One who experiences truth is always in bliss. These two mantras represent a nature and the place where they reside. Goodness, auspiciousness, benevolence, truth, the permanent, the imperishable are contained in the state of bliss. Bliss is complete joy, happiness, which means that nothing is bothering the mind. When the botheration of the mind is transcended, there is nothing that pulls you down. No desires, no passions, no greed, no anger, no infatuation, you are floating high on the energy of positive *sattwa*. Positive *sattwa* is the feeling of being one with everything. It is not a physical act, it is a realization and understanding that I am one with everything. *Shiva* and *Satya* represent the two eternal truths. When we chant *Sivanandaya vidmahe, Satyanandaya dhimahi*, then we are also recognizing them as the original masters of the universe.

There has to be a starting point. We are not the starting point, we are the products of a long, lengthy process of development



and realizations. Each one had to grow in their own discipline, in their own path. When they grew, they became the gurus who are the fulfilment of a prophecy of God, 'Whenever there is decline in virtue and dharma, I shall come again. For the happiness of the good and pious people, and for removing the bad from being obstacles to happiness.' It has been a beautiful commitment by God to humanity: I shall come back to establish virtue. I shall come back to establish dharma. I shall come back to bring happiness in the lives of good people. I shall come back to eradicate and destroy the darkness in the life of evil people.

What a beautiful guarantee. When God's energy, the direct energy, descends, it is recognized as an avatar. Energy embodied is avatar. The cosmic, transcendental energy embodied is an avatar. It is not necessary for God to come every time personally. God is endowed with three main qualities: omniscience, one who knows everything, past, present and future; omnipresence, one who is present everywhere, past, present and future; and omnipotence, one who is all powerful in all conditions and situations. Many times, these powers of God manifest in the form of guru. An avatar is always a form of the divine.

Gurus are always the form of knowledge, and through knowledge they remove the darkness, the nescience, from the lives of people. Through knowledge, they inspire us to lead the correct path in life. Knowledge becomes our focus, yet knowledge



is not intellectual. Knowledge ultimately represents how you lead your life. It is the way of life. Knowledge is not what you know, how many books you have read, how many scriptures you have read, how many things you have memorized. That is not knowledge. Knowledge is how you live your life, according to the dharmic principles, according to the just and the correct. I am not negating intellectual knowledge for through that we change ourselves. One has to go through that process, yet ultimately knowledge is how you live your life, in the best, most positive and constructive manner.

That is the guru element which sometimes dawns in a person's life. There are many people who are aspirants; there are few who are gurus. There are many who claim to be gurus; there are few who are recognized to be gurus. Those who are recognized to be gurus are people in obscurity, not the highlighted ones, who claim to be. They have gone beyond their expectation, ego, desire, passion, greed. There is no need for them to be in the forefront to get the accolades, clapping, name and fame. They are more concerned in giving the right sadhana, idea and direction to people, so they can change their way of life, which is restrictive. When does one need to change the way of life, when the lifestyle becomes restrictive. When lifestyle is not restrictive, you do not have to change anything. The purpose of knowledge is to understand life, and do the appropriate corrections to live



a better life. Guru represents that element or *tattwa*. The teachings of the gurus represent that knowledge.

The guru element is an element which has to be awakened within each one, as a source of inspiration, strength, motivation, conviction, and for that, the Sadguru Gayatri, is the best. If you want to awaken your mooladhara chakra, you chant *Lam, Lam, Lam*. If you want to awaken your ajna chakra you chant *Om, Om, Om*. If you want to increase your digestive fire, you chant *Ram, Ram, Ram*. If you want to tell the heart that you are happy and pleased, which mantra will you chant? *Yam, Yam, Yam*. So, if you want to awaken the guru element in you, which mantra would you chant? You cannot say *Om*, as *Om* is connected to ajna chakra and is transcendental. You cannot say *Ram*, as *Ram* is an avatar; it is not jnana. You cannot say *Devi* for she is the representation of Shakti. She is not the guru's jnana manifest, guiding you, directing you, moment to moment.

When you want to invoke the guru tattwa, only two names are available: the greater good, the auspicious, the benevolent, the nurturing. Something that nurtures, holds, is pleasing, bountiful, beneficial, benevolent, nice, good, cherishable, the Shiva element. And then something that is truth and does not change like the fashions of the mind, which change every second, every moment, every hour. The permanent, imperishable, eternal, constant is *Satya*. These two are the two natures, which rest in the state of bliss. When these two natures come together, they make the life *Sundaram*, beautiful. So, there is *Satyam, Shivam, Sundaram*. *Satyam* and *Shivam* complement each other. They are the fulfilment and completion of each other. The completeness of each other, creates the beauty of life which is joyous, blissful and peaceful.

## Sri Lakshmi-Narayana Mahayajna: 8–12 September



After three years, the annual Sri Lakshmi-Narayana Mahayajna was open again for overseas and national devotees who were also invited to participate in the Lakshmi and Narayana sahasrarchan. Swami Niranjana spoke on how to live the divine life.

### **Ashwin Navaratri: 15–24 October**

Navaratri was observed in Satyam Vatika with havan and the chanting of stotras, invoking the divine grace of the Cosmic Mother. The tenth day of Vijayadashami was dedicated to the aradhana of Sri Rama.



### **Satyam Poornima: 29–31 December**

For the fourth year, Satyam Poornima was conducted at Paduka Darshan with abhishek of Satyameshwar Mahadev and twelve Shivalingams. Members of the YYMM (Yuva Yoga Mitra Mandal) organized the program and assisted in the abhishek. This year Swami Girishananda Saraswati, Saket Dham, Jabalpur MP,





Swami Samvidananda Saraswati, Nasik, Maharashtra, Swami Muktananda Puri, Alwar, Rajasthan, and Swami Madhavananda Puri, Vrindavan, attended the yajna and did abhishek of the 12 Shivalingams. They also inspired the gathering with their uplifting satsang.

**Sankranti Daan**

Every month the gifting on the occasion of Sankranti was carried out, and every month a different group of people from the neglected sectors of society received items as prescribed in the scriptures.



# संन्यास पीठ के कार्यक्रम



## हनुमान चालीसा (1 जनवरी)

सत्यम् वाटिका में हनुमान चालीसा के अखण्ड पाठ से नव वर्ष का शुभारम्भ हुआ। आश्रम के अन्तेवासियों, विद्यार्थियों, अतिथियों और बाल योग मित्र मण्डल के बच्चों ने हनुमान जी की कृपा का आवाहन करते हुए हर्षोल्लास के साथ पूरा दिन बिताया। कार्यक्रम का सीधा प्रसारण किया गया जिसके द्वारा यह दुनिया भर के भक्तों के घरों और दिलों में प्रवेश कर गया।

## सत्यमेश्वर आराधना (12-14 जनवरी)

प्रतिवर्ष आयोजित होने वाली सत्यमेश्वर आराधना हवन, अभिषेक और स्तोत्र पाठ के साथ सम्पन्न की गई। यह सत्यमेश्वर महादेव की स्थापना तिथि है, जिन्हें जनवरी 2014 में पादुका दर्शन में स्थापित किया गया था। यह त्रिदिवसीय आराधना स्वामी निरंजनानन्द की पंचाग्नि साधना के पूर्व होती है।

## महाभारत कथा (6-12 फरवरी)

धर्मश्री आश्रम, पुणे के स्वामी गोविंददेव गिरि ने पादुका दर्शन में सात दिनों तक महाभारत कथा के विभिन्न प्रसंगों पर चर्चा की। प्रत्येक प्रसंग और



व्यक्तित्व पर नई रोशनी डालते हुए उन्होंने इस महाकाव्य को जीवंत तथा आज के समय के लिए प्रासंगिक बना दिया। उन्होंने अपनी गहन समझ, प्रकाण्ड विद्वत्ता और साथ ही विनोदशीलता से सभी श्रोताओं को मंत्रमुग्ध कर दिया।

### **पाशुपतास्त्र यज्ञ (15-17 फरवरी)**

स्वामीजी की महीने भर चली पंचाग्नि साधना की पूर्णाहुति के उपलक्ष्य में सत्यम् उद्यान में पाशुपत अस्त्र यज्ञ का आयोजन किया गया।

### **चैत्र नवरात्रि (22-30 मार्च)**

चैत्र नवरात्रि की शुभ समयावधि सत्यम् वाटिका में हवन, स्तोत्रपाठ और मंत्र पाठ के साथ मनायी गयी।

### **हनुमान जयंती (6 अप्रैल)**

हनुमान जयंती का मांगलिक पर्व सत्यम् वाटिका में सुंदरकाण्ड, हनुमान चालीसा तथा अन्य स्तोत्रों एवं मंत्रों के पाठ के साथ मनाया गया।

### **अक्षय तृतीया (23 अप्रैल)**

गंगा दर्शन की यज्ञशाला में भगवान नारायण और आदि शक्ति की कृपा का आह्वान करते हुए हवन और स्तोत्रपाठ के साथ अक्षय तृतीया मनाई गई। यह



वह तिथि है जब भगवान नारायण से संबंधित अनेक महत्त्वपूर्ण घटनाएँ घटीं जिन्होंने मानव जाति की नियति को निर्देशित किया।

### स्वामी शिवानंद जी का संन्यास दिवस (1 जून)

स्वामी शिवानंद जी का संन्यास दिवस छाया समाधि पर मनाया गया। इस अवसर पर उनके अद्भुत, प्रेरक जीवन पर प्रकाश डाला गया और उनके सम्मान में कीर्तन गाये गये।

### सत्यम् चरित्र (19-27 जून)

स्वामी निरंजनानंद जी ने पादुका दर्शन में सत्यम् चरित्र का निरूपण करते हुए श्री स्वामी सत्यानंद जी के गौरवशाली जीवन की प्रेरक घटनाओं और शिक्षाओं पर प्रकाश डाला। प्रत्येक दिवस श्री स्वामीजी के जीवन के एक अलग अध्याय को समर्पित था, जो श्री स्वामीजी के अनगिनत गुणों और एक सिद्ध योगी के रूप में उनकी उपलब्धियों को उजागर करता था। कार्यक्रम का सीधा प्रसारण किया गया जिसके माध्यम से 57 देशों के भक्त और शिष्य इसमें शामिल हो सके।





### वेद पारायण (19 जून-2 जुलाई)

ज्योति मंदिर में पहली बार चारों वेदों का पाठ सम्पन्न किया गया। पूरे दिन आश्रम में वेदों की ध्वनि गूँजती रही। वाराणसी के विद्वान् आचार्यों के सटीक मंत्रोच्चारण ने अन्तेवासियों और अतिथियों को मंत्रमुग्ध कर दिया।

### गुरु पूर्णिमा उत्सव (1-3 जुलाई)

1 से 3 जुलाई तक पादुका दर्शन में गुरु पूर्णिमा कार्यक्रम संचालित किया गया। अपने सत्संगों में स्वामी निरंजनानन्द जी ने स्वामी शिवानन्द जी और स्वामी सत्यानन्द जी के जीवन-चरित्रों पर प्रकाश डालते हुए आध्यात्मिक साधकों के जीवन में शिवम् और सत्यम् के महत्त्व को उजागर किया। कार्यक्रम का लाईव-स्ट्रीमिंग के माध्यम से सीधा प्रसारण हुआ जिससे विश्वभर के शिष्य एवं भक्तगण गुरुओं को अर्पित श्रद्धांजलि में भाग ले सके।

### श्री लक्ष्मी-नारायण महायज्ञ (8-12 सितंबर)

तीन वर्षों के बाद संन्यास पीठ का वार्षिक कार्यक्रम, श्री लक्ष्मी-नारायण महायज्ञ राष्ट्रीय और विदेशी भक्तों के लिए फिर से खुला था। भक्तों को माँ लक्ष्मी और भगवान नारायण के सहस्रार्चन में भाग लेने का अवसर भी मिला। अपने सत्संगों में स्वामी निरंजनानन्द जी ने दिव्य जीवन जीने की कला की विवेचना की।







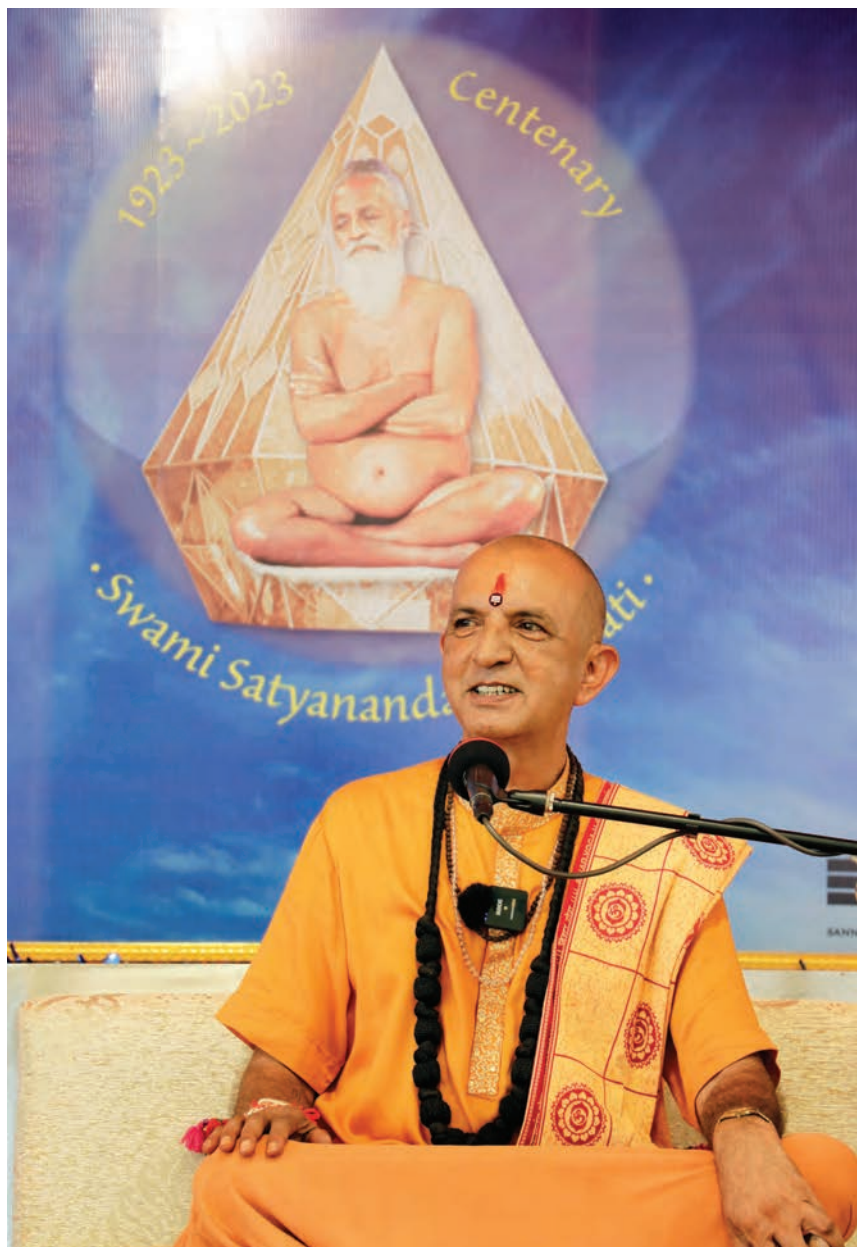












## अश्विन नवरात्रि (15-24 अक्टूबर)

सत्यम् वाटिका में हवन और स्तोत्रपाठ के साथ मातृ शक्ति की कृपा का आह्वान करते हुए नवरात्रि मनाई गई। नवरात्रि के पश्चात् विजयदशमी का दिन श्री राम की आराधना को समर्पित था।

## सत्यम् पूर्णिमा (29-31 दिसंबर)

सत्यम् पूर्णिमा के अवसर पर पादुका दर्शन में सत्यमेश्वर महादेव सहित द्वादश शिवलिंगों का अभिषेक किया गया। युवा योग मित्र मंडल के सदस्यों ने कार्यक्रम के संचालन में सराहनीय योगदान दिया। इस वर्ष जबलपुर के स्वामी गिरीशानंद सरस्वती, नाशिक के स्वामी संविदानंद सरस्वती, अलवर के स्वामी मुक्तानंद पुरी और वृन्दावन के स्वामी माधवानंद पुरी ने भी कार्यक्रम में भाग लिया और बारह शिवलिंगों का अभिषेक किया। उन्होंने अपने प्रेरक सत्संगों से सभी को प्रोत्साहित किया।

## संक्रांति दान

हर महीने संक्रांति के अवसर पर दान दिया गया जिसके माध्यम से समाज के विभिन्न उपेक्षित वर्गों के लोगों को उनकी आवश्यकतानुसार शास्त्रोक्त वस्तुएँ प्राप्त हुईं।



# संन्यास पीठ का चातुर्मास अनुष्ठान

4 जुलाई – 29 सितम्बर

## सत्यमेश्वर आराधना एवं रुद्राभिषेक

दो महीने तक प्रत्येक सोमवार को पादुका दर्शन के सत्यमेश्वर पीठ में सत्यमेश्वर आराधना सम्पन्न होती थी और रामचरितमानस के पाठ के साथ रुद्राभिषेक होता था।

## रामचरितमानस मासपरायण (4 जुलाई-31 अगस्त)

रामचरितमानस का मासपरायण 4 जुलाई 2023 को शुरू हुआ। इसका संचालन संन्यासी मन्त्रनिधि के नेतृत्व में रामायण मंडली, मुंगेर द्वारा किया गया। चातुर्मास के दौरान मासपरायण को दो बार पूरा करने के लिए मंडली की महिलाएँ हर दिन श्रद्धा और निष्ठा के साथ पादुका दर्शन आकर पाठ सम्पन्न करती थीं।



## श्रावणी मंत्र साधना (7 जुलाई-31 अगस्त)

वार्षिक श्रावणी मंत्र साधना 7 जुलाई को शुरू हुई। मुंगेर के नागरिकों के लिए आयोजित इस साधना का संचालन स्वामी कैवलानंद ने किया।

## चातुर्मास की प्रातःकालीन योग कक्षा (10 जुलाई-31 अगस्त)

स्वामी कैवलानंद ने मुंगेर के नागरिकों, आश्रम के अतिथियों और संन्यास सत्र के प्रतिभागियों के लिए मंत्र, आसन, प्राणायाम और ध्यान की कक्षा का संचालन किया। यह प्रशिक्षण योग नगरी मुंगेर में एक लोकप्रिय कार्यक्रम बन गया है।

## संगीत प्रस्तुति (24 जुलाई)

धरहरा के गुरुकुल संगीत महाविद्यालय के सदस्यों ने संगीतमय कार्यक्रम प्रस्तुत किया। अपनी प्रतिभा और निष्ठा से उन्होंने उपस्थित सभी श्रोताओं को मोहित कर दिया।

## राजनांदगांव के रागी (4-6 अगस्त)

गुरु भक्ति योग के अवसर पर श्री भूपिन्दर सिंह, श्री जसपाल सिंह और श्री जगजीत सिंह ने भावपूर्ण शब्द कीर्तन प्रस्तुत किये। कार्यक्रम में आश्रम निवासियों, अतिथियों, सत्र प्रतिभागियों और मुंगेर के नागरिकों ने बड़ी संख्या में भाग लिया।



### स्वामी गिरीशानंद द्वारा राम कथा (8-16 अगस्त)

साकेत धाम, जबलपुर से आए स्वामी गिरीशानंद सरस्वती ने नौ दिनों तक राम कथा का रसास्वादन कराया। उनके साथ संगीतकारों और गायकों का समूह भी था। रामचरितमानस के विभिन्न काण्डों और प्रसंगों पर प्रकाश डालते हुए स्वामी गिरीशानंद ने साधना के दृष्टिकोण से इस धर्मग्रंथ के बहुमूल्य पहलुओं को उजागर किया।

### भजन संध्या (18-19 अगस्त)

जबलपुर से आयी भजन संध्या कीर्तन मंडली ने आश्रमवासियों और मुंगेर के नागरिकों के लिए दो संध्याकालीन भजन कार्यक्रम प्रस्तुत किए। मण्डली के पाँच सदस्यों में ज्योति सोनी, राकेश कुमार, तिलक कश्यप, राम कुमार और अनिल कुमार शामिल थे।

### स्वामी माधवानंद का व्याख्यान (21-25 अगस्त)

आराधना कुंज, वृन्दावन के स्वामी माधवानंद ने रामचरितमानस में भगवान शिव को समर्पित प्रसिद्ध स्तोत्र – रुद्राष्टकम् की विस्तार से विवेचना की। उन्होंने इस स्तोत्र के उद्भव के साथ-साथ साधकों के जीवन में गुरु तत्त्व और शिव तत्त्व की भूमिका तथा रुद्राष्टकम् के पाठ के महत्त्व पर प्रकाश डाला।



### श्रीकृष्ण आराधना (27-30 अगस्त)

राधा और कृष्ण को समर्पित झूलन उत्सव बड़े उत्साह और उमंग के साथ मनाया गया। पंडित सुनील मिश्रा और उनके साथियों ने भजन और कीर्तन का त्रिदिवसीय कार्यक्रम प्रस्तुत किया। बाल योग मित्र मंडल के बच्चों के कीर्तन गायन और स्वामीजी के प्रेरक सत्संग के साथ 30 अगस्त को झूलन का समापन हुआ।

### चातुर्मास साधना की पूर्णाहुति (31 अगस्त)

चातुर्मास की दो महीने की अवधि के समापन पर सबेरे 1,000 कलशों से रुद्राभिषेक किया गया। दोपहर में भजन और कीर्तन के साथ रक्षाबंधन का त्योहार मनाया गया, जिस दौरान रामायण मंडली की महिलाओं और मेहमानों ने स्वामीजी को राखी बांधी।

### सरोद एवं तबला वादन (4-6 सितंबर)

गुरु भक्ति योग के अवसर पर श्री दीप्तानिल भट्टाचार्यजी ने सरोद पर और श्री सुदीप चटर्जी ने तबले पर संगीत वादन प्रस्तुत किया। श्री भट्टाचार्यजी मैहर संगीत घराने से और श्री चटर्जी बनारस घराने से हैं। तीन दिनों तक इन प्रतिभाशाली संगीतकारों ने दोपहर और शाम के विभिन्न रागों को आलाप



और फिर जुगलबंदी के रूप में प्रस्तुत किया जिससे सभी उपस्थित लोग मंत्रमुग्ध हो गये।

### जन्माष्टमी (7 सितंबर)

श्रीकृष्ण का जन्मोत्सव पूजन, हवन, स्तोत्रपाठ और कीर्तन के साथ बड़े हर्ष और उल्लास के वातावरण में मनाया गया।

### नागपुरी झूमर (15-16 सितंबर)

रांची, झारखंड के लोक संगीत और नृत्य के उत्कृष्ट कलाकार, श्री मुकुंद नायक, जिन्हें पद्मश्री पुरस्कार से भी सम्मानित किया गया है, अपने गायकों, वादकों और नर्तकों के समूह के साथ आश्रम आए थे। उनके समूह ने नागपुरी और मर्दाना झूमर का प्रदर्शन किया जो छोटा नागपुर क्षेत्र की जनजातियों के जीवन और संस्कृति का अभिन्न अंग है।



### श्रीमद्भागवत कथा (19-26 सितंबर)

यह कथा गणेश चतुर्थी के शुभ दिन पर शुरू हुई। भागलपुर की मानस-कोकिला, श्रीमती कृष्णा देवी ने बड़ी श्रद्धा और भक्ति के साथ उपस्थित श्रोताओं को कथा का रसास्वादन कराया। कार्यक्रम में मुंगेर के नागरिकों ने बड़ी संख्या में भाग लिया।



## SANNYASA PEETH CHATURMAS: 4 JULY-29 SEPTEMBER

### **Satyameshwar Aradhana and Rudrabhishek**

For two months on every Monday, Satyameshwar Aradhana took place at Satyameshwar Peeth and Rudrabhishek was conducted next to the chanting of the *Ramacharitamanas*.

### **Ramcharitamanas Masparayan: 4 July-31 August**

The *Ramcharitamanas* Masparayan started on 4th July 2023. It was conducted by the Ramayana Mandali, Munger, led by Sannyasi Mantranidhi. The ladies met every day with love and sincere commitment for 90 minutes to complete the Masparayan twice during Chaturmas.



### **Shravani Mantra Sadhana: 7 July-31 August**

The annual Shravani Mantra Sadhana began on 7th July. It was led by Swami Kaivalyananda and was open to all citizens of Munger.



## Chaturmas Morning Yoga Class: 10 July–31 August



Swami Kaivalyananda conducted the annual morning class of mantra, asana, pranayama and dhyana for the citizens of Munger, ashram guests and sannyasa course participants. This training has become a popular event in the City of Yoga.

### **Musical performance: 24 July**

Children of Gurukul Sangeet Mahavidyalaya from Dharhara conducted a musical performance. In their simple manner they delighted all present with their talents and sincerity.



### **Ragis from Rajnanadgaon: 4–6 August**

On the occasion of Guru Bhakti Yoga, Sri Bhupinder Singh, with Jaspal Singh and Jagjit Singh presented Shabad kirtan in their soulful voices. It was attended by ashram residents, guests, course participants and citizens of Munger.



### **Ram Katha by Swami Girishananda: 8–16 August**

Swami Girishananda Saraswati from Saket Dham, Jabalpur, Madhya Pradesh, conducted the Ram Katha. He was accompanied by his group of musicians. Going through the different kandas from the creation of the *Ramacharitamanas* until Sri Rama's return to Ayodhya, Swami Girishananda explained the multifaceted aspects of the scripture.



*Swami Niranjanananda:* Today someone had asked me if it was necessary that every home should have a small temple? Our Gurudev, Sri Swami Satyanandaji, had said that we do not want such a god who has no name, form or place. We want a god who has a name, form and where we can find his address. He was in Rikhia during those days, when he went on to say, 'This is the reason why I have built Raghunath Kutir where I have enshrined Sri Rama. I go there every morning, offer my prayers and I have total conviction that he lives there.' This is something about saints and great souls. Their perspective and thoughts are different to ordinary folks.

There is water in the earth, but it is not accessible or visible and is beyond our reach. If we want to make it appear, we have to dig a well. If we keep on digging day after day, surely a day will come when water will appear and then we can drink it. The well is like a temple within which the water appears. We go there



with our container, either a little cup, glass or even a bucket, to fill water in it. The amount of water you get depends on the kind of container you put in the well. If you use a small cup, that is all you will get. If you use a bucket, you will have a bucketful of water. You will have to go to the well every day and bring water to your house. But if you make a connection with a tap inside your house, then you do not need to go to the well every day and carry the water to your house. You will not need

to carry two buckets of fifteen litres every day because now you can get water directly from the tap.

The grace of the divine is also like this. People go to temples, pray and offer their worship, and ask for blessings there. But if a small space can be created for our aradhya in the home, it would be like having a tap inside the house. Whenever you feel thirsty, open the tap and drink water. Whenever you feel thirsty, go to the little space you have made and try to fill your cup there, experience the grace of the divine in that way. This is why it is necessary to have a small temple in each home.

There are only two ways of making a temple in the home, one is by the guru and the other is trials and tribulations. On the instruction of the guru, people make a shrine in the home and offer their pooja. When a person is beset by illness, sorrow and trouble, there is a need to receive the grace and compassion of the divine which can redeem us. During the Corona epidemic, everything was closed. People could not leave their homes. Corona became very happy and thought that it was even more powerful than god. 'I have put everyone under house arrest, all the temples are closed, no one can go anywhere.' Full of pride,

Corona went to god and said, 'Lord, I am more powerful than you. I have closed all the temples. I am greater than you.' God says, 'Corona, my son. You have actually done a great service to me. You think that you have shut down all my temples, but you have forgotten that because of you now every home has become my temple.'

The onslaught of illness and grief brings man closer to god, and guru also brings people closer to god. It is all very well to come closer to god but it is necessary to be able to receive divine grace as well. As everyone has a water connection in the house, it is also necessary that there be a connection to the divine in the home. For this connection with the divine in the home, we need to make a small shrine where we offer our worship and prayers each day. Create a beautiful space for god in the home where you can feel peace and happiness, where you can experience the solace and comfort of divine presence. Keep in mind that the divine is not only present in the form of Rama, Krishna, Devi. Every time you feel peaceful and content, know that you are experiencing the divine. Whenever you feel great joy, know that is the experience of god. When you experience any act of kindness or goodness, know that it was possible only through the grace and compassion of the divine. The divine always wishes for auspiciousness and joy in the lives of people and that is also what we receive from the divine. When there is a place dedicated to god in your home, make it a beautiful centre of your faith and trust.

*Ekobrahma dvitiyo nasti.* – 'God is One,' whether you worship Rama, Krishna, Devi or any other deity. God is One, the names, forms and attributes are many, but the One whom you enshrine in your home, you should have complete faith and reverence towards your chosen deity. That is when you will receive the love and grace of god right in your home itself.

There are big temples, of course, and there is also a tradition of creating a small niche in the home where you have a shrine. Today when you leave from here, hold this thought in your heart that you will create a small shrine for your beloved form of divinity

in the home and establish it there. There are many homes where such shrines already exist. Make sure that the space is kept clean and beautiful, offer the untainted, pure flowers of your faith and without a doubt, you will receive the blessings of the divine.



### **Bhajan Sandhya group: 18–19 August**

The Bhajan Sandhya kirtan group from Jabalpur presented two evenings of bhajan for ashram residents and the citizens of Munger. The five members were Jyoti Soni, vocalist; Rakesh Kumar, lead vocalist; Tilak Kashyap, vocal and keyboard; Ram Kumar, naal and dholak; and Anil Kumar, dashboard.



### **Swami Madhavananda: 21–25 August**

Swami Madhavananda from Aradhana Kunj, Vrindavan, spoke on *Rudrastakam*, the hymn dedicated to Lord Shiva in the *Ramacharitamana*s. He explained the circumstances behind the creation of the hymn, the importance of the guru tattwa and Shiva tattwa in the life of an aspirant, and the significance of chanting the *Rudrastakam*.



### **Krishna Aradhana: 27–30 August**

The swing festival dedicated to Radha and Krishna was celebrated with great fervour and enthusiasm by everyone. Pandit Sunil Mishra and his associates rendered a 3-day musical performance of bhajans and kirtans. Jhoolan came to an end on 30 August with the singing of kirtans by the children of Bal Yoga Mitra Mandal and Swamiji's inspiring satsang.

## Poornahuti of Chaturmas Sadhana: 31 August



Rudrabhishek was conducted in the morning with 1,000 *kalash* or clay pots to end the two-month period of Chaturmas. The festival of Rakshabandhan or Rakhi was also celebrated in the afternoon with bhajan and kirtan, during which ladies of the Ramayana Mandali and guests tied a rakhi to Swamiji.

## Sarod and tabla recital: 4–6 September

On the occasion of Guru Bhakti Yoga, Sri Dwiptanil Bhattacharjee on sarod and Sri Sudeep Chatterjee on tabla enchanted all present with their expert musical rendition. Sri Dwiptanil Bhattacharjee is from the Maihar school of music and Sri Sudeep Chatterjee is from the Banaras gharana. It was three evenings of outstanding performances wherein various afternoon and evening raagas were presented as aalaaps and then jugalbandi; the juxtaposition of the musical notes of the sarod and the rythms of the tabla.





### **Janmashtami: 7 September**

Sri Krishna's birth was celebrated with pooja, havan and the chanting of stotras and kirtan.

### **Nagpuri Jhoomar: 15–16 September**

Sri Mukund Naik, an exponent of folk music and dance from Ranchi, Jharkhand, who has been honoured with the Padmashri award, came with his team of vocalists, instrumentalists and dancers. They performed the Nagpuri Jhoomar and Mardana Jhoomar which is an integral part of the life and culture of the tribes of the Chhotanagpur plateau in Jharkhand.



### **Srimad Bhagavat Katha: 19–26 September**

The katha began on the auspicious day of Ganesh Chaturthi. Manas-Kokila Srimati Krishna Devi from Bhagalpur, delighted all with her unique style of rendering the katha with song, music, explanation, humour and the bhava of a devotee. The program was open to the citizens of Munger who attended in great number and rapt silence.





# SANNYASA PEETH DIGITAL PRASAD

In 2023, Digital Prasad in the form of online presentations were released on the occasions of:

- New Year – *Hanuman Chalisa* Path
- Satyam Poornima



## 2023 Satyam Poornima Digital Prasad

This year being the Centenary Celebration of Sri Swami Satyananda Saraswati, the auspicious occasion of Satyam Poornima will be conducted from 29 to 31 December 2023. On this auspicious occasion, Sannyasa Peeth is happy to present a special Digital Prasad of live kirtans dedicated to Guru, the lineage of the tradition and the Guru tattwa.

### Maha Mantra Kirtan



## संन्यास पीठ का डिजिटल प्रसाद

2023 में निम्नलिखित अवसरों पर ऑनलाइन प्रस्तुतियों के रूप में डिजिटल प्रसाद उपलब्ध कराया गया –

- नव वर्ष – हनुमान चालीसा पाठ
- सत्यम् पूर्णिमा

## SANNYASA PEETH HEALTH CARE INITIATIVE

As part of its mandate to uplift society, Sannyasa Peeth has launched its Health Care Initiative for the city of Munger and its citizens. In 2021, three ultra-modern ambulances were donated to hospitals in Munger, in 2022 an MRI machine and mammography were installed in one of the city's hospitals, and in 2023 a CT-Scan and dental equipment upgraded the health facilities of the town. This allows citizens to receive health care locally and they do not need to travel to other cities for medical investigation.



### संन्यास पीठ स्वास्थ्य अभियान

सामाजिक उत्थान के अपने दायित्व के तहत, संन्यास पीठ ने मुंगेर के नागरिकों के लिए स्वास्थ्य अभियान शुरू किया है। 2021 में मुंगेर के अस्पतालों को तीन अत्याधुनिक एम्बुलेंस प्रदान की गईं, 2022 में शहर के एक अस्पताल में एम.आर.आई. और मैमोग्राफी मशीन स्थापित की गईं, और 2023 में सी.टी. स्कैन और दंत चिकित्सा उपकरण ने शहर की स्वास्थ्य सुविधाओं को उन्नत किया। इससे नागरिकों को स्थानीय स्तर पर स्वास्थ्य सुविधा मिलती है और उन्हें चिकित्सीय जाँच के लिए अन्य शहरों की यात्रा की आवश्यकता नहीं पड़ती।

## MUNGER RAMAYANA MANDALI

In 1997, the Ramayana Mandali Munger began its association with the ashram, under the guidance of its founder member Sannyasi Mantranidhi. Every Saturday the ladies would gather in Jyoti Mandir and chant the *Ramacharitanas*. Then the tradition began to chant the *Akhanda Ramacharitanas* on the sannyasa diwas of Sri Swami Satyananda and Swami Niranjanananda. After the samadhi of Swami Dharmashakti, Ammaji, in 2013, the *Akhanda Ramacharitanas* is chanted on the 12th of every month. Since 2015, the *Ramacharitanas Masparayan* is performed twice as an anushtana during the Chaturmas held at Paduka Darshan, Sannyasa Peeth. With unwavering commitment and wholehearted dedication, the Ramayana Mandali has become part of the ashram activities and community.



### मुंगेर रामायण मंडली

अपनी संस्थापिका, संन्यासी मंत्रनिधि के नेतृत्व में रामायण मंडली का नब्बे के दशक से आश्रम के साथ अन्तरंग सम्बन्ध चलते आया है। प्रारम्भ में हर शनिवार ये महिलाएँ ज्योति मन्दिर में एकत्र होकर रामचरितमानस का पाठ करतीं, उसके बाद श्री स्वामीजी और स्वामीजी के संन्यास दिवस पर रामचरितमानस का अखण्ड पाठ होने लगा, और 2013 में अम्माजी की महासमाधि के बाद हर महीने की 12 तारीख को भी अखण्ड पाठ की परम्परा शुरू हुई। 2015 से चातुर्मास के दौरान रामायण मण्डली दो बार मासपारायण सम्पन्न करती है।

The background of the page features a close-up photograph of a person's hands holding a vibrant garland of purple and white flowers. Above the hands, a silver, ornate snake-like decorative object is visible. The overall scene is softly lit, creating a warm and intimate atmosphere.

# Moonset

Oh Moon! Won't you sing with me  
And wash away all my tears?  
Won't you align with me  
And wash away all my fears?

I need you by my side  
I can't take another tide  
Alone is not the way to go  
Remove this to and fro

Chains of ignorance cutting deep  
The price to pay is way too steep  
I need to stand upon your shoulders  
Say goodbye to these boulders

Knowing you hold me in your heart  
Is the place where I shall start  
From there it shall honour your Golden Rays  
Then serve to you my heartfelt praise  
You've always given all you've got  
Hari Om Hari Om Hari Om Tat Sat

Gallant Moon possess my Heart  
Teach this one the way to art

'Tis with songs, the ones you sing  
With Love, the Vibration you ring  
And with the Golden Colour of your Rays  
You shower upon me all of your days  
Which happens to be all of my nights  
I long to live within your sights

—Yogasena



## MUNGER YOGA SEVAKS

A group of Munger citizens are connected to the ashram since many years and offer their seva at the major functions and events. Ever ready, they help behind the scenes, organizing and coordinating the many activities involved in a program. They are only visible to residents and guests, when they serve the meals in a well-ordered manner and with such grace and joy. Over the years their contribution and service has become invaluable.



### मुंगेर योग सेवक

मुंगेर नागरिकों का एक समूह लम्बे अर्से से आश्रम के मुख्य कार्यक्रमों में सेवा देते आ रहा है। पर्दे के पीछे रहते हुए ये लोग बड़ी कर्मठता के साथ विविध गतिविधियों में अपना योगदान देते हैं। अन्तेवासियों और अतिथियों को ये तभी नज़र आते हैं जब प्रेम और आनन्द के साथ ये बड़े व्यवस्थित ढंग से भोजन परोसते हैं। इनकी उपस्थिति और सेवा अब आश्रम का अभिन्न अंग बन गयी है।

# Anandam

*Swami Satyananda Saraswati*



A person with a dispersed mind cannot see the spirit which is light and knowledge. If you can remove that wrapper from the spirit, you will feel enlightened. It is a feeling of lightness,

joy and bliss. When you can uncover the spirit, the events of this life cannot affect you. Even if somebody dies in the family nothing happens. If millions of dollars come into your pocket, nothing happens. Even if you are sick with a tumour or cancer, it does not matter. Even if everybody is against you, you do not care. That is called bliss, *anandam*.

Anandam is the bliss of the spirit, not the bliss of the mind. Mental happiness changes. If you lose money, you are unhappy; if you get money, you are happy. If a good man loves you, you are happy; if he leaves you, you are unhappy. This is mental happiness which always changes. It is dependent on the circumstances of life. Bliss does not change. You may have nothing to eat, be clad in rags, be despised by society, be sick or ill, but you are always joyful. That is called anandam and that is why we put anandam in our name, just to remind us that we must experience anandam.

Anandam is neither happiness nor unhappiness. It is a balanced mind. So, one must uncover that spirit. To uncover that spirit, you will have to fix your relationships with everything in this world, because these relationships keep you affected all the time. The sun is bright but the clouds are dark and you cannot see the sun. How will you see the sun? Remove the clouds. In the pond there is a big diamond but the pond has waves and is muddied. You cannot see anything inside. You cannot see the diamond. How can you see the diamond? The pond must become tranquil, then it will be like crystal-clear water and you can see the diamond there.

There is a spirit in everybody. We talk about it a lot; we think about it a lot, but we do not know it. That spirit you will have to uncover. Then you will become innocent. Such a person who has uncovered his spirit becomes very innocent, but nobody can deceive him and nobody can exploit him. He is the most intelligent man in the world.





## IMPORTANT ANNOUNCEMENT REGARDING DONATIONS

Donations to Sannyasa Peeth will be received only under the following 'Heads of Accounts':

### 1. **General Donation**

Funds will be utilized towards the following activities:

- Cultural education
- Sannyasa training
- Dissemination of spiritual knowledge
- Relief for the underprivileged – support to the poor and needy sections of society
- Medical relief – financial assistance to poor and needy patients.

### 2. **Corpus Donation**

Funds will be utilized towards capital investment. Interest income generated from **CORPUS (MOOLDHAN) FUND** will be utilized towards all the activities (spiritual as well as charitable) of the Trust

### 3. **CSR Donation**

Funds will be utilized towards CSR activities.

Therefore, devotees are requested to send donations to the above-mentioned account heads only.

Donations towards Sannyasa Peeth may be made through 'SB Collect Online Donation Facility' by directly accessing the web address: <https://www.onlinesbi.sbi/sbicollect/icollecthome.htm?corpID=2271958>.

Donations can also be sent through cheque/D.D./E.M.O. drawn in favour of:

#### **Sannyasa Peeth**

payable at Munger to Sannyasa Peeth, Paduka Darshan, PO Ganga Darshan, Fort Area, Munger 811201, Bihar.

A covering letter mentioning the purpose of donation, mailing address, phone number, email ID and PAN should accompany the same.

## दान सम्बन्धी महत्त्वपूर्ण सूचना

संन्यास पीठ के लिए दान राशि केवल निम्नलिखित श्रेणियों के अन्तर्गत स्वीकार की जाएगी –

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- संन्यास प्रशिक्षण
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- समाज के गरीब और जरूरतमंद लोगों की सहायता
- गरीब मरीजों के लिए चिकित्सा सहायता

### 2. मूलधन निधि के लिए दान

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### 3. सी.एस.आर. दान

जिसका उपयोग सी.एस.आर. गतिविधियों के लिए किया जाएगा।

इसलिए भक्तों से निवेदन है कि वे केवल उपर्युक्त श्रेणियों के अन्तर्गत अपनी दान राशि भेजें।

संन्यास पीठ को दान 'SB Collect Online Donation Facility' के माध्यम से निम्नलिखित वेबसाइट द्वारा सीधे दिया जा सकता है – <https://www.onlinesbi.sbi/sbicollect/icollecthome.htm?corpID=2271958>

आप चेक, डी.डी. अथवा ई.एम.ओ. द्वारा भी दान दे सकते हैं जो संन्यास पीठ के नाम से हो और मुंगेर में देय हो। राशि इस पते पर भेजें – संन्यास पीठ, पादुका दर्शन, पी.ओ. गंगा दर्शन, किला, मुंगेर 811201

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Yoga Publications Trust

# Sankranti Daan संक्रांति दान



In 2019, under the inspiration of Swami Niranjana Saraswati, the Sankranti anushthana commenced at Sannyasa Peeth, Munger. Every month on Sankranti, the auspicious day when the Sun transits into the next zodiac sign, different groups are called from the local community to receive their Sankranti daan. They represent the sections of society that are easily ignored and forgotten. The items gifted are as prescribed in the traditional scriptures and according to season and the needs of the recipient.

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हरि ॐ

सत्य का

**आवाहन** एक द्वैभाषिक, द्वैमासिक पत्रिका है जिसका सम्पादन, मुद्रण और प्रकाशन श्री स्वामी सत्यानन्द सरस्वती के संन्यासी शिष्यों द्वारा स्वास्थ्य लाभ, आनन्द और प्रकाश प्राप्ति के इच्छुक व्यक्तियों के लिए किया जा रहा है। इसमें श्री स्वामी शिवानन्द सरस्वती, श्री स्वामी सत्यानन्द सरस्वती, स्वामी निरंजनानन्द सरस्वती एवं स्वामी सत्यसंगानन्द सरस्वती की शिक्षाओं के अतिरिक्त संन्यास पीठ के कार्यक्रमों की जानकारियाँ भी प्रकाशित की जाती हैं।

**सम्पादक** – स्वामी ज्ञानसिद्धि सरस्वती

**सह-सम्पादक** – स्वामी शिवध्यानम् सरस्वती  
संन्यास पीठ, द्वारा-गंगादर्शन, फोर्ट, मुंगेर  
811 201, बिहार, द्वारा प्रकाशित।

थॉमसन प्रेस इण्डिया लिमिटेड, हरियाणा में मुद्रित।

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## उपयोगी संसाधन

वेबसाइट :

[www.sannyasapeeth.net](http://www.sannyasapeeth.net)

[www.biharyoga.net](http://www.biharyoga.net)

[www.satyamyogaprasad.net](http://www.satyamyogaprasad.net)

एप्य :

(Android एवं iOS उपकरणों के लिए)

Bihar Yoga

APMB

YOGA (अंग्रेजी पत्रिका)

YOGAVIDYA (हिन्दी पत्रिका)

FFH (For Frontline Heroes)

कवर :

सत्यम् चरित्र 2023

अन्दर के रंगीन फोटो :

संन्यास पीठ गतिविधियाँ 2023

- Registered with the Registrar of Newspapers, India Under No. BIHBIL/2012/44688

## Sannyasa Peeth Events & Training 2024

### Sannyasa Peeth Training

|                           |   |
|---------------------------|---|
| <i>Jul 2022–Jun 2024</i>  | Sannyasa Lifestyle  |
| <i>Feb 11–Jul 11</i>      | Sannyasa Lifestyle  |
| <i>May 1–7</i>            | Mantra Sadhana Training                                     |
| <i>May 1–7</i>            | Jignasu Lifestyle Training<br>(for Mantra Diksha initiates) |
| <i>Jun 24–30</i>          | Karma Sannyasa Training<br>(for Jignasu Sannyasa initiates) |
| <i>Jul 18–Aug 10</i>      | Vanaprastha Sadhana Satra 1                                 |
| <i>Jul 18–Jan 18 2025</i> | Sannyasa Lifestyle  |

### Events, Aradhanas and Satsangs

|                          |                                |
|--------------------------|--------------------------------|
| <i>Jul 18–21</i>         | Guru Poonima Celebrations      |
| <i>Jul 22–Sep 18</i>     | Chaturmas Anushthan            |
| <i>Aug 15–Sep 18</i>     | Vanaprastha Sadhana Satra 2    |
| <i>Sep 8–12</i>          | Sri Lakshmi-Narayana Mahayajna |
| <i>Dec 10–15</i>         | Satyam Poonima                 |
| <i>Dec 31–Jan 1 2025</i> | New Year Program               |

### Monthly Programs

|                         |  |
|-------------------------|--|
| <i>Every Sankranti</i>  | Abhishek, Hawan, Daan and <i>Satyanarayan Katha</i>  |
| <i>Sankranti dates:</i> | Jan 15, Feb 13, Mar 14, Apr 13,<br>May 14, Jun 15, Jul 16, Aug 16,<br>Sep 16, Oct 17, Nov 16, Dec 15 |