

"No yogi who understands these two paths (path of light and path of darkness) is ever deluded (into following the way of darkness). Therefore, O Arjuna! At all times, maintain Thyself firmly in Yoga."

Welcome to YSS NCR eNewsletter

Here is what we have to share in this edition:

- **Guru Purnima** celebrations at Delhi, Gurgaon, Noida and Sahibabad;
- **Awake: The Life of Yogananda** makes waves across NCR theatres;
- **Mahavatar Babaji Smriti Diwas** celebrated by devotees and children;
- **COMING UP:** Janmashtami Programme and eight-hour Long Meditation at Delhi, Gurgaon and Noida.
- Guidelines for Special 8-hour Long Meditation
- **COMING UP:** Children Satsanga Janmashtami Programme at Noida Ashram.

Recent Events

GURU PURNIMA at YSS NOIDA ASHRAM

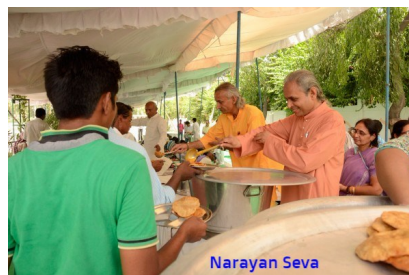
Narayan Seva, Prabhat Pheri and Satsanga
with Swami Smarananandaji (July 19)



Prabhat Pheri



Narayan Seva



Narayan Seva

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GURU PURNIMA programmes at YSS Kendras and Mandalis

YSS Delhi Kendra



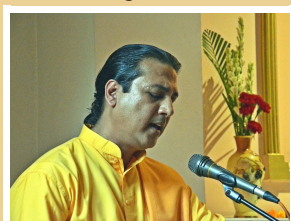
Swami Ishwaranandaji conducts
Guru Purnima Satsanga on "The
significance of a true Guru in a
disciple's life" - July 24

YSS Delhi Kendra



Devotees serve *prasad* to over
1500 persons during *Narayan
Seva* outside YSS Delhi Kendra on
Guru Purnima - July 19

YSS Gurgaon Kendra



YSS Sahibabad Dhyana Mandali



YSS devotees serve food to the

Brahmachari Nishthanandaji leads meditation ahead of his Guru Purnima *satsanga* on "Guru: The Eternal Blessings" - July 24

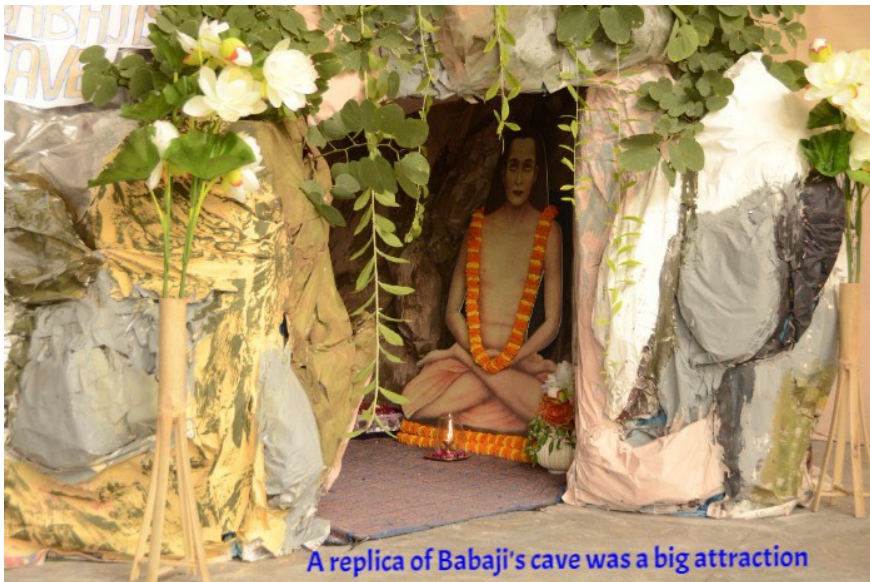
public at a *bhandara* in Sahibabad to mark Guru Purnima. Nearly 1000 persons partook of the *prasad* - July 24

Babaji Smriti Diwas

YSS Gurgaon and Delhi Kendras - July 25



Children Celebrate Guru Purnima and Babaji Smriti Diwas with a Cultural Programme at YSS Noida Ashram - July 31



A replica of Babaji's cave was a big attraction



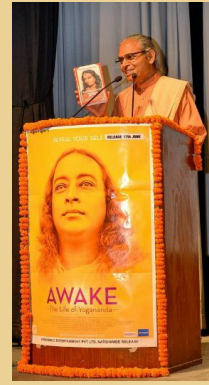
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AWAKE: The Life of Yogananda

'AWAKE' PREMIERES IN NEW DELHI ON JUNE 16

Docu-drama on Guruji Captivates Delhi Audience

YSS organized a premiere screening of *Awake: The Life of Yogananda* in New Delhi's Siri Fort Auditorium. Swami Smarananandaji, YSS General Secretary, introduced the film at the event, which was attended by numerous prominent figures in the arts, sports, science, and government. The list of luminaries included legendary classical dance performer and choreographer Raja Reddy, former captain of the Indian hockey team Dileep Tirkey, and former Chief Secretary of Uttar Pradesh, Sri Alok Ranjan.



Sri Alok Ranjan



Sri Dileep Tirkey



Sri Raja Reddy with monks



Swami Smarananandaji addressing the audience at the Premiere Show in Delhi

Many Indian newspapers and magazines offered glowing praise for the film. *The Economic Times* called it “an inspiring, fascinating and informative documentary.” *MID DAY* said, “*Awake* is a unique experience, one that is completely immersive and paradoxically sublime.” Special features on Gurudeva accompanied movie reviews and reports about the film in leading newspapers such as *The Times of India*, *Hindustan Times*, and *The Hindu*.





AWAKE shows at Gurgaon, Delhi and Noida Halls

The docu-drama on Guruji's life was watched by thousands of devotees and general public at its morning and evening shows at NCR theatres from June 17 to July 6. Volunteers distributed YSS brochures to the audience after the movie shows. The movie received a good response from the viewers. It also generated several queries about YSS, its teachings and local meditation centres.



Guruji's Little Ones watch AWAKE
Paramahansa Yogananda Swarna Bal Vatika students thanked YSS Noida Ashram for showing them *Awake* at a cinema hall. Swami Ishwaranandaji and Brahmachari Vinayanandaji accompanied fifteen students from the school for the underprivileged run by YSS devotee Ms. Shobha Sood. YSS provides financial aid to this school. Here is what some of them had to say:



"It brought tears to my eyes, His (Guruji's) life has been full of struggle and he worked ceaselessly for people in spite of their faults. He loved each and every soul because he saw God in them." (Shilpa, standard VII)

"In my opinion, everyone must watch 'Awake' on Guruji's life and His teachings, along with the ups and down in his life." (Sonia, standard IX)

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Upcoming Events



JANMASHTAMI CELEBRATIONS

Janmashtami Programme

Meditation, Satsanga, Reading, Chanting, and Pushpanjali
at YSS Delhi Kendra, Gurgaon Kendra and Noida Ashram*:

Thursday, August 25 10 am to 12 noon

(*Guru Langar will be served at Noida Ashram after the programme)

Special 8-hour Long Meditation

Delhi Kendra: Sunday, August 14 10 am to 6 pm

Gurgaon Kendra*: Saturday, August 20 10 am to 6 pm

Noida Ashram: Sunday, August 21 10 am to 6 pm

(*Regular monthly long meditation at Gurgaon Kendra on August 13 will not take place.)

Children Satsanga Programme

Noida Ashram: Sunday, August 28 10 am to 12 noon

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Guidelines for Special 8-hour Long Meditation

Gurudeva always encouraged devotees to participate in long meditations on special occasions, like Christmas and other Commemoration days. He would often remind his disciples that special vibrations flow on such days, which can be experienced by long and deep meditation.

The long meditation will be conducted in 2 sessions:

1st session: 10 am to 2 pm

Break: 2 pm to 2:30 PM (Refreshments will be served)

2nd Session: 2:30 pm to 6 pm

Devotees may attend either or both the sessions.

To reap the maximum benefit from such long meditations, a few simple guidelines need to be followed:

Previous day preparation:

- Have adequate rest.
- Read Guruji's description of Bhagavan Krishna and his life from his book, "God Talks With Arjuna".
- Keep your mind on Bhagavan Krishna by mentally chanting his name or mentally chanting Guruji's chants and bhajans

On the day of meditation:

1. Do your Energization Exercises before you come for long meditation.
2. Wear loose and comfortable clothes.
3. Please arrive 10 minutes before the start of the session so that you are already comfortably seated by the time the session starts. Devotees may

- not be allowed to join the meditation if they arrive after the meditation starts.
4. Keep your mobile phones switched off.
 5. Forget time and launch into meditation with devotion, without expecting anything from God, but wanting only to give Him your love.
 6. Try to keep the body still during periods of silent meditation.
 7. Practice the techniques of meditation for longer duration, but intersperse them with periods of silent meditation.

Items to Bring with you: Arm rest, Kriya beads (if you use them), a thick soft asan, small bottle of water, a small shoulder bag to keep all these items.

Do not bring polythene bags into the hall as they are noisy and disturb others.

Please come with a receptive heart and you shall be blessed.

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Janmashtami 2016 - Letter from Mrinalini Mataji

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