

परमात्मा श्री राम एवं परम पूजनीय गुरुजनों की कृपा व आशीर्वाद से 'श्रीरामशरणम् औबेदुल्लागंज' का स्थापना दिवस (26 घंटे के अखंड जप यज्ञ व 4 घंटे के खुले जाप) कुल 30 घंटे के जाप एवं दिव्य सत्संग के साथ पूरे भाव चाव के साथ सम्पन्न हुआ। "चंचल मन को शांत करने के लिए, अचंचल व स्थिर बनाने के लिए भक्ति की माँग के अनुसार, भीतर... और भीतर... जाना होगा। संसार अस्थिर है उस पर ध्यान लगाने से मन कभी स्थिर नहीं हो सकेगा।"

परम पूजनीय श्री विश्वामित्र जी महाराज जी के उक्त आशय के दुर्लभ प्रवचनों को भी सभी ने बहुत ध्यान से सुना। मंगल उत्सव में भजन कीर्तन का आनंद भी अद्भुत था। साधक – गायक भाई व बहिनों ने परम पूजनीय गुरुजनों की प्रिय धुनों और भजनों को सुमधुर स्वर लहरी में सजा कर खूब अमृत बरसाया। '192 नये साधकों (129 देवियों और 63 पुरुषों) ने नाम दीक्षा ग्रहण की। लगभग ₹4000 की साहित्य सामग्री का विक्रय भी हुआ। ■

Online Satsangs

With the Grace of Pujniya Gurujans, online Satsangs are been enthusiastically attended by Sadhaks. These have been broadcasted through Shree Ram Sharnam's official Facebook and Youtube channel. Daily average attendance has been ever growing and Sunday Satsangs are also being attended and enjoyed by Sadhaks around the world.

Special programmes have been attended by large numbers. The special event to mark the celebration of Nirvan Diwas of Pujniya Maharaj ji on 2nd July 2022, featured Akhand Ramayan Ji Path which was viewed by 3089 devotees.

On 2nd of every month online Sundarkand Path is broadcast and is attended and enjoyed by many Sadhaks. On 13th July 2022, a Special online Satsang

was broadcast for Vyas Poornima with sessions in morning and evening. Both sessions had Bhajans, which are our treasure, as they are written by our beloved Swami Satyanand Ji Maharaj. On YouTube the Satsangs had a combined viewership of 4627 and on Facebook it was 7280.

August marks beginning of festivals and online Satsang reflect the festivities and relevant Bhajans are sung by singers of Shree Ram Sharnam.

Janmashtami on 19th August 2022 had two special online sessions in the morning and evening. Both had a combined viewership of 4147 Sadhaks on Facebook and 4128 on YouTube.

All information and links for the online Satsang are available on the official website of Shree Ram Sharnam. ■

Children's Page

Mindful Drawing of Your Breath

Let's begin by first understanding the meaning of the word 'Mindful'. Think about it for a minute before you read further. Write down in the box provided some key words that come to mind when you think about the word 'Mindful' or you may decide to get creative and draw images that come to mind that depict what you think it means.

Did you have words/drawings that portray any of below?

- Yoga • Breathing • Calm • Happy
- Ocean • Still-Mind • Rainbow • Hearts
- Positive-Thoughts • Being-Present
- Caring

Well done for giving it a try!

According to Cambridge Dictionary, 'Mindful' means being deliberately aware of your body, mind, and feelings in the present moment, in order to create a feeling of calm.

One of the ways of being mindful, is to focus on your breath. This is a powerful tool to help you let go of any big emotion you might be feeling. Big emotion could be any feeling that makes you uncomfortable like, anxiety, anger, or irritation.

Focussing on your breath can help you connect to the present moment and make you feel relaxed and calm.

The following activity helps you do just that.

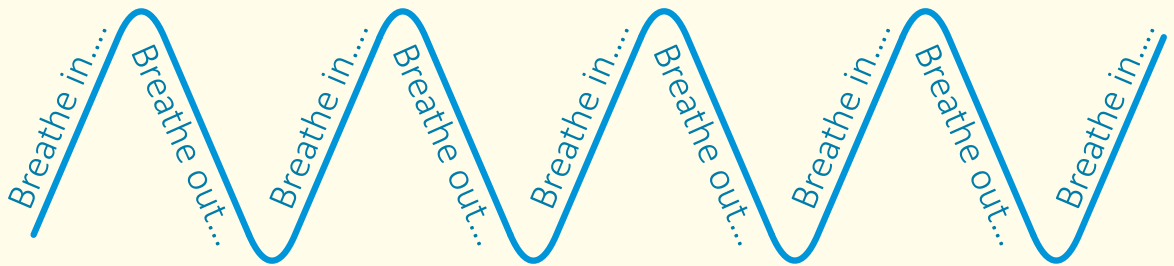
Activity: Drawing the Breath

For this activity you will need-

1. A blank piece of paper, bigger the better (preferably without lines)
2. A pencil or pen of any colour
3. A quiet space

Take a minute out of your busy schedule to deep breathe and discover how you feel right now.

Breathe IN- make a line moving upwards
Breathe OUT - make a line moving downwards



Tips:

- Your drawing would look similar to the one above, but without any words.
- Don't lift your pen off the paper until a minute has passed
- Draw the up and down lines close to each other so you don't run out of space in your paper

Notice your drawing after a minute has passed. You will see that the lines become longer as you start to relax. Enjoy! ■

पूजनीय प्रेम जी महाराज का अवतरण दिवस 2 अक्टूबर
पूजनीय स्वामी जी महाराज निर्वाण दिवस 13 नवम्बर
पूजनीय प्रेम जी महाराज का तिलक दिवस 29 नवम्बर
पूजनीय महाराज का तिलक दिवस 9 दिसम्बर

Sadhna Satsang (October to December 2022)

Haridwar (Ramayani Satsang)	26 Sept to 5 Oct	Monday to Wednesday
Haridwar	11 to 14 November	Friday to Monday
Fazalpur (Kapurthala)	18 to 21 November	Friday to Monday

Open Satsang (October to December 2022)

Gurdaspur	7-9 October	Friday to Sunday
Pathankot	15-16 October	Saturday to Sunday
Jammu	28-30 October	Friday to Sunday
Melbourne	4 -6 November	Friday to Sunday
Amritsar	06-Nov	Sunday
Sujanpur	25-27 November	Friday to Sunday
Alampur(H.P)	04-Dec	Sunday
Rattangarh	5 to 6 December	Monday to Tuesday
Bhiwani	10-11 December	Saturday to Sunday
Surat	17 to 18 December	Saturday to Sunday
Rewari	23 to 24 December	Friday to Saturday

Diksha In Other Centres (October to December 2022)

Gurdaspur, Punjab	Sunday	09-Oct
Pathankot, Punjab	Sunday	16-Oct
Jammu, J&K	Sunday	30-Oct
Amritsar, Pujab	Sunday	06-Nov
Fazalpur, Punjab	Sunday	20-Nov
Sujanpur, Punjab	Sunday	27-Nov
Alampur, HP	Sunday	04-Dec
Rattangarh	Monday	05-Dec
Bhiwani, Haryana	Sunday	11-Dec
Surat, Gujrat	Sunday	18-Dec
Rewari, Haryana	Saturday	24-Dec

Naam Deeksha in Delhi, Shree Ram Sharnam (October to December 2022)

October	23	Sunday
November	20	Sunday
December	25	Sunday

Purnima (October to December 2022)

October	9	Sunday
November	8	Tuesday
December	8	Thursday

31st December to 1st January Ramayan Ji
Paath, Shree Ram Sharnam, Delhi

यदि आप 'सत्य साहित्य' की इस प्रति को नहीं रखना चाहते,
तो कृपया इसे अपने स्थानीय केन्द्र या निकटतम श्रीरामशरणम् को लौटा दें।

प्रकाशक मुद्रक श्री अनिल दीवान द्वारा श्री स्वामी सत्यानन्द धर्मार्थ ट्रस्ट, 8 ए रिंग रोड, लाजपत नगर-IV नई दिल्ली. 110024 से प्रकाशित
एवं रेव स्कैनस प्राइवेट लिमिटेड, 216, सेक्टर-4, आई.एम.टी. मानेसर, गुरुग्राम, हरियाणा-122051 से मुद्रित। संपादक: मेधा मलिक कुदेसिया एवम् मालविका राय

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©श्री स्वामी सत्यानन्द धर्मार्थ ट्रस्ट, नई दिल्ली

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