

Sadhna Satsang (April to September 2023)

Haridwar	2 to 7 April	Sunday to Friday
Haridwar (Only for Jhabua)	15 to 18 April	Saturday to Tuesday
Haridwar (Only for Jhabua)	20 to 23 April	Thursday to Sunday
Haridwar	28 June to 3rd July	Wednesday to Monday
Haridwar	30 September to 3rd October	Saturday to Tuesday

कृपया साधना सत्संग के लिए नाम
60 दिन पहले भेजे।

Naam Deeksha In Shree Ram Sharnam Delhi

April	9	Sunday
May	28	Sunday
July	3	Monday
August	6	Sunday
September	10	Sunday

Poornima (April to September 2023)

April	6	Thursday
May	5	Friday
June	4	Sunday
July	3	Monday
August	1	Tuesday
August	31	Thursday
September	29	Friday

Open Satsang (April to September 2023)

Bhareri	8 April	Saturday
Hisar	29 to 30 April	Saturday to Sunday
Mandi	7 May	Sunday
Kandaghat	14 May	Sunday
Hoshiarpur	21 May	Sunday
Manali	14 to 16 June	Wednesday to Friday
Delhi	27 to 29 July	Thursday to Saturday
Rohtak	12 to 13 August	Saturday to Sunday
Alampur	3 September	Sunday
Rewari	16 to 17 September	Saturday to Sunday
Pathankot	23 to 24 September	Saturday to Sunday

Naam Deeksha in Other Centers (April to September 2023)

Narot Mehra (Pb)	26-Mar	Sunday
Deogarh Bariya (Dahod)	02-Apr	Sunday
Bhareri	8 April	Saturday
Jawali	14 April	Friday
Shukartal	23 April	Sunday
Guna	28 April	Friday
Hisar	30 April	Sunday
Mandi	7 May	Sunday
Kandaghat	14 May	Sunday
Hoshiarpur	21 May	Sunday
Faridabad	25 May	Thursday
Chambi	4 June	Sunday
Kathua	11 June	Sunday
Manali	16 June	Friday
Kishtwar	24 June	Saturday
Bhaderwah	25 June	Sunday
Alampur	3 September	Sunday
Pathankot	24 September	Sunday

Dear children,

Have you heard of this informal phrase called 'Take Five'? It means to take a super short break from your work to help you re-focus and get energised. So let's take five together, shall we?

Take 5!

Place any one of your hands in front of you with fingers spread wide and all the fingers pointing upwards. Let it stay in that position.

Stick out your pointer finger on the other hand, and place it at the bottom of your thumb of the hand which is in front of you (place pointer finger on the starting point as shown in the diagram).

Breathe in as you trace your fingers upwards and breathe out as you trace your fingers downwards. Use the diagram as a guide.

You may do this multiple times during the day to keep you focussed and calm. Try to meditate on the word 'Ram' as you breathe in and out.

If you have more time, below is another fun activity you could do. For this you'll need a blank piece of paper and a pencil.

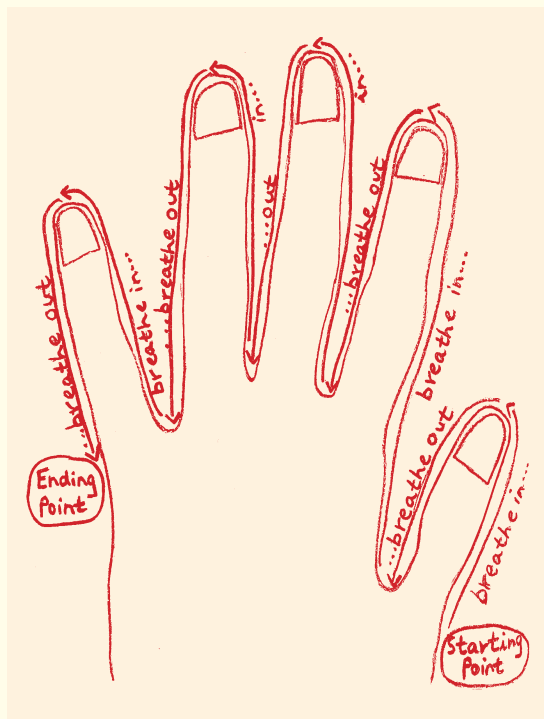
Step 1: Draw the outline of your hand on the blank piece of paper (like the image above).

Step 2: Write 5 positive affirmations on each of your fingers. Eg- I am loved, I have a kind heart, I do my best everyday, I make good choices, I am capable of amazing things.

Step 3: Colour each of your fingers in happy colours (optional).

Step 4: Stick it on your desk or any other place where you can see it daily.

Step 5: Believe in yourself, you are a spark of God, and capable of immense goodness.



यदि आप 'सत्य साहित्य' की इस प्रति को नहीं रखना चाहते,

तो कृपया इसे अपने स्थानीय केन्द्र या निकटतम श्रीरामशरणम् को लौटा दें।

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