

How to be the best devotee of Shree Ram

Just like we earnestly go to school, do our home work, and put in our best effort for exams to find success at school. Similarly, we need to make whole-hearted effort to have a beautiful, honest and complete connection with Shree Ram.

Below are some helpful suggestions on how you can develop a strong bond with Shree Ram.

1. Daily jaap and remembrance of 'Ram-Naam Mantra'. Remember how we learned in the last Satya Sahitya to sit cross-legged in a peaceful place, taking a long breath in and singing RAM in a melodious love-filled voice as you breathe out. Please continue to practice that everyday. The more you lovingly call and remember Ram, the more love you will experience in your heart. You may even use a small 'Maala' if that helps you with chanting Ram.
2. Remember Ram while performing every action in your daily life. Wish and greet him good morning everyday as you open your eyes. Chant His name while taking a bath or waiting for the school bus. Thank Him for the all happy moments you experience in your day. Ask Him for strength and support when you experience any difficulty. The

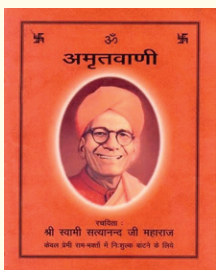
more you remember Him with honesty and deep love, the more you can feel Him helping and protecting you. Remember to wish Him good night and have a love-filled conversation with Him before you sleep.

3. Listen and sing along to the Amritvani as often as possible. Ask your family members to explain the different verses to you. Read by yourself or ask an adult to read 'Amritvani Vyakhya' to you so you can learn and understand the verses that are being sung.
4. Be an altruistic server. Being altruistic means to be selfless or unselfish. This allows you to be loving towards everyone around you. Help everyone with a generous heart. Service to all humans is considered to be an extension of Ram's devotion.

The above points were inspired from the book *Upasak Kaa Aantrik Jeevan (Inner Life of The Devotee)* written by Shree Swami Satyanand Ji Maharaj.

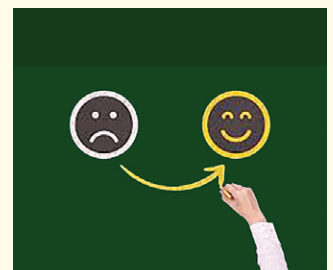
Activity:

Below are a few images that connect to the 4 points described above. Try and match the corresponding point number in the empty box provided next to each image.









Sadhna Satsang (October to December 2023)

Haridwar	30 September to 3rd October	Saturday to Tuesday
Haridwar (Ramayani)	15 to 24 October	Sunday to Tuesday
Haridwar	11 to 14 November	Saturday to Tuesday
Kapurthala	17 to 20 November	Friday to Monday

कृपया साधना सत्संग के लिए नाम 60 दिन पहले भेजें।

Naam Deeksha in Other Centers (October to December 2023)

Place	Date	Day
Patlikul Near Manali	05-Oct	Thursday
Gurdaspur	8 October	Sunday
Sujanpur	29 October	Sunday
Jammu	5 November	Sunday
Kapurthala	19 November	Sunday
Kathua	25-Nov	Saturday
Sampla	26-Nov	Sunday
Melbourne	3 December	Sunday
Amritsar	3 December	Sunday
Bhopal	10 December	Sunday
Surat	17 December	Sunday
Bhiwani	24 December	Sunday
Ujjain	25-Dec	Monday

Open Satsang (October to December 2023)

Patlikul (HP) Near Manali	05 October	Thursday
Gurdaspur	6 to 8 October	Friday to Sunday
Sujanpur	27 to 29 October	Friday to Sunday
Jammu	3 to 5 November	Friday to Sunday
Kathua	25 November	Saturday
Melbourne (Australia)	1 to 3 December	Friday to Sunday
Amritsar	3 December	Sunday
Surat	16 to 17 December	Saturday to Sunday
Bhiwani	23 to 24 December	Saturday to Sunday

Naam Deeksha In Shree Ram Sharnam Delhi (October to December 2023)

October	15	Sunday
November	26	Sunday
December	10	Sunday

Poornima (October to December 2023)

October	28th	Saturday
November	27th	Monday
December	26th	Tuesday

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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