



# Yogoda Satsanga Sakha Ashram - Noida

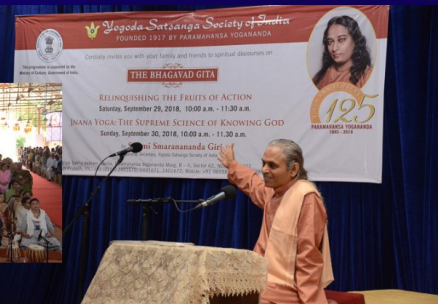
(Newsletter of YSS Activities in Noida, Delhi, and Gurugram)

## Welcome to YSS NCR eNewsletter

October 2018 Issue

We bring you updates on YSS activities from Delhi, Gurugram and Noida, and share with you news of upcoming events in NCR

### GITA DISCOURSES



### EXTENDED RETREAT



### SRI SRI LAHIRI MAHASAYA MAHASAMADHI AND AVIRBHAV DIVAS



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### Long Meditations

**NOIDA:** October 13 to 14 (Special Long Meditation), November 18 (six hours) and December 23 (eight hours)  
[Attend a 26-hour-long meditation at YSS Noida Ashram](#)

**DELHI and GURUGRAM:** October 7 (six hours), November 4 (six hours) and December 23 (eight hours)

## RECENT ACTIVITIES

## EXTENDED RETREAT

### HIGHLIGHT: Gita Talk by Swami Smarananandaji



### **GITA DISCOURSES on 'Relinquishing the Fruits of Action' and 'Jnana Yoga: The Supreme Science of Knowing God.'**

The highlight of the first-ever Extended Retreat conducted at YSS Noida Ashram from September 27 to 30, 2018 was a special two-part discourse conducted by Swami Smarananandaji on *The Bhagawad Gita*.

[To read more, click here.](#)

[To view images, click here.](#)

**First-ever Extended Retreat Conducted at YSS Noida Ashram (September 2018)**



YSS Noida Ashram conducted an extended spiritual retreat over a period of four days - from September 27 to 30, 2018. This extended retreat was attended by devotees from all across India and a few devotees from outside the country as well.

The retreat included four days of sadhana, silence, review of YSS techniques of meditation, counselling, reading of YSS literature and a few special programmes. YSS sannyasis gave satsangas on relevant topics for the benefit of devotees on the spiritual path.

The highlight of the retreat was a two-day discourse by Swami Smarananandaji on the Bhagavad Gita.

[To read more, click here.](#)

[View images by clicking here.](#)

## COMMEMORATIONS

### *Mahasamadhi and Avirbhav Divas of Sri Sri Lahiri Mahasaya*



Lahiri Mahasaya was born on September 30, 1828, in the village of Ghurni in Bengal, India. At the age of thirty-three, while walking one day in the Himalayan foothills near Ranikhet, he met his guru, Mahavatar Babaji. It was a divine reunion of two who had been together in many lives past; at an awakening touch of blessing, Lahiri Mahasaya became engulfed in a spiritual aura of divine realization that was never to leave him.

'Yogavatar' Lahiri Mahasaya entered *mahasamadhi* in Banaras, September 26, 1895. Fifty years later, in America, his prediction was fulfilled when an increasing interest in yoga in the West inspired Paramahansa Yogananda to write Autobiography of a Yogi, which contains a beautiful account of Lahiri Mahasaya's life.

🌸 [Mahasamadhi and Avirbhav Divas of Sri Sri Lahiri Mahasayaji Commemorated in YSS NCR](#)

🌸 [To view images, click here](#)

## Sri Krishna Janmashtami

The sublime teachings of Lord Krishna are enshrined in the Bhagavad Gita. In his highly acclaimed two-volume commentary on the Gita, Paramahansa Yogananda has written:

“The Bhagavad Gita is the most beloved scripture of India, a scripture of scriptures. It is the... one book that all masters depend upon as a supreme source of scriptural authority....”

“Krishna is the divine exemplar of yoga in the East; Christ was chosen by God as the exemplar of God-union for the West....The Kriya Yoga technique, taught by Krishna to Arjuna and referred to in Gita chapters IV:29 and V:27-28, is the supreme spiritual science of yoga meditation. Secreted during the materialistic ages, this indestructible yoga was revived for modern man by Mahavatar Babaji and taught by the Gurus of Yogoda Satsanga Society of India/Self-Realization Fellowship.”

• [Janmashtami Celebrations in YSS Noida and Gurugram](#)

• [To View Images, click here.](#)



## Janmashtami Message from Swami Chidanandaji



"As you lay at the feet of our own beloved Gurudeva Sri Sri Paramahansa Yogananda the offering of your love and gratitude, may you open your heart fully to his spiritual bounty. There is no greater gift we can receive on the spiritual path than to be drawn to such a God-united soul, who can lead us from our maya-bound human nature to the limitless freedom of God's bliss-consciousness."

[Read more here.](#)

## OTHER ACTIVITIES

### *Satsanga by Swami Pavitranandaji: 'How to live a worry-free life'*

Speaking on the topic 'How to live a worry-free life,' Swami Pavitranandaji drew active participation from the devotees in his talk which made it memorable and enriching for all present at YSS Delhi Kendra. With his satsanga began the monthly long meditation on September 23, 2018. He shared his life experiences stressing how the only thing that came to his aid time and again was - Guruji's blessings. Swamiji quoted statistics based on research that 99.9% of the times, the things we worry about never actually happen. He compared worry with the act of praying for something which we do not actually want in our lives. The only way to combat worry was with absolute faith in God and Guru.

[Read more here.](#)

### *Swami Sadanandaji Conducts Review of YSS Meditation Techniques at Gurugram Kendra*



On September 9, 2018, a review of YSS meditation techniques of Energization Exercises and Hong-Sau was conducted by Swami Sadanandaji at Dhyana Kendra, Gurugram.

[Read more here.](#)

### *Janmashtami, Guru Purnima and Mahavatar Babaji Smriti Divas Celebrations by Children Sunday Satsanga (YSS Delhi Kendra and Noida Ashram)*

# CHILDREN SUNDAY SATSANGA



Children Sunday Satsanga celebrated Sri Krishna Janmashtami with cultural programmes, chants, meditation and beautiful presents at YSS Noida Ashram and YSS Delhi Kendra.

[To read more, click here.](#)

[To view images, click here.](#)

To read about the earlier celebrations of Mahavatar Babaji Smriti Divas and Guru Purnima by Children Sunday Satsanga at YSS Noida Ashram and YSS Delhi Kendra, [click here.](#)

*Charitable Activities and Outreach by YSS Noida Ashram*





# RECENT CHARITABLE AND OUTREACH ACTIVITIES BY YSS NOIDA ASHRAM



Some of the recent charitable activities and outreach by YSS Noida Ashram are shared below. [To read more, click here.](#)  
🌸 Swami Lalitanandaji Gives Books and a Bicycle to Meritorious Charitable Coaching Classes' Students at YSS Noida Ashram  
🌸 Brahmachari Sheelnanandaji Distributes Uniforms to a Ghaziabad Charitable School from YSS Noida Ashram  
🌸 Swami Smarananandaji motivates students from YSS Noida Ashram's Charitable Coaching Classes  
🌸 [Photographs: Charitable activities and outreach by YSS NCR \(2018\)](#)

## UPCOMING EVENTS

### Public Talk by Swami Smarananandaji at Gurugram



 **Yogoda Satsanga Society of India**  
FOUNDED 1917 BY PARAMAHANSA YOGANANDA

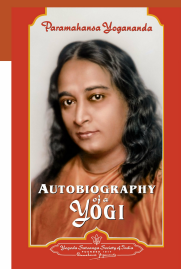
**MEDITATION**  
KEY TO A HEALTHY, HAPPY & SUCCESSFUL LIFE

by **Swami Smaranananda Giri**  
General Secretary, Yogoda Satsanga Society of India

**Sunday, October 14, 2018**  
**5:00 p.m. to 6:00 p.m**

**Learn to Meditate: 6:00 pm onwards**

Those interested in meditation may enroll for the YSS Lessons after the talk and learn meditation from Swamiji.



**VENUE**  
Shiv Nadar School, Auditorium,  
DLF City, Phase -1, Block -E,  
Pahari Road, Gurugram.

This programme is supported  
by the Ministry of Culture, Government of India.



Yogoda Satsanga Dhyana Kendra, Gurgaon Opp. House No. 20 Near DPS School (Infant Wing) Sector 40, HUDA, Gurugram - 122003 Haryana  
Ph: 9810405567, 9871078270, 9899811909 E-mail: ysdkgurgaon@gmail.com Website: www.yssofindia.org

On the occasion of the 125th Birth Anniversary of Sri Sri Paramahansa Yogananda, we cordially invite you with your family and friends for a talk on 'MEDITATION: Key to a Healthy, Happy, & Successful Life' by Swami Smaranananda Giri, General Secretary, Yogoda Satsanga Society of India (YSS).

#### PROGRAMME

Sunday, October 14, 2018

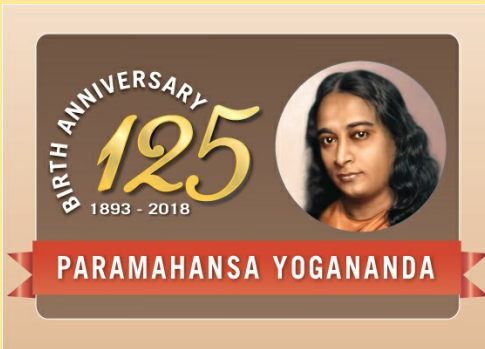
5 pm to 6 pm

**Learn to Meditate: 6 pm onwards**

Those interested in meditation may sign up for the YSS Lessons after the talk, and learn meditation from Swamiji.

To view the above invite on PDF, [click here](#).

### **Government of India Commemorates the 125th Birth Anniversary of Paramahansa Yogananda**



With immense joy, we announce that the Government of India has once again recognized the spiritual stature and contributions of one of the immortal sons of India, our Gurudeva Sri Sri Paramahansa Yogananda, and has decided to commemorate his 125th Birth Anniversary. The Ministry of Culture, Government of India, organizes such commemorations, with the help of a National Implementation Committee (NIC). The Committee has been constituted for commemoration the 125th birth anniversary of Paramahansa Yoganandaji, chaired by the Hon'ble Home Minister of India, Sri Rajnath Singh. The Committee includes the Union Finance Minister, the Union Cultural Minister, and other Government officials, along with representation from YSS.

[To read more, click here.](#)

Please find the list of events [posted here](#).

### **Spiritual Retreats and Long Meditations**



#### ***Upcoming RETREATS at YSS Noida Ashram***

*"The value of silence cannot be understood except through experience.... What joy awaits discovery in the silence behind the portals of your mind no human tongue can tell."*

— Paramahansa Yogananda

**October 6 to 7**

[Retreat \(Hindi\)](#)

**October 20 to 21**

[Retreat \(Hindi\)](#)

**December 8 to 9**

[Retreat \(Hindi\)](#)

#### **LONG MEDITATIONS**

##### **NOIDA**

**October 13 to 14: [Attend a 26-hour-long meditation at YSS Noida Ashram](#)**

**November 18 (six hours)**

**December 23 (eight hours)**

##### **DELHI and GURUGRAM**

**October 7 (six hours)**

**November 4 (six hours)**

**December 23 (eight hours)**

For the complete retreat schedule of 2018, [click here](#).

For the calendar of events of 2019, [click here](#).

**Get Updates about YSS NCR through the NCR Website**

**Book Accommodation Online**

We would encourage you to make your bookings for accommodation at YSS Noida Ashram through our website at [noida.yssashram.org/reservation](http://noida.yssashram.org/reservation).

Visit the website by clicking the following links for *News and Updates* from YSS Noida Ashram, Delhi Kendra and Gurugram Kendra:

- [Recent Programmes](#)
- [Upcoming Events](#)



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\*|REWARDS|\*