



Yogoda Satsanga Sakha Ashram - Noida

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

Welcome to YSS NCR eNewsletter

December 2017 Issue

*We bring you updates on YSS activities
in Delhi, Gurgaon and Noida since November 2017,
and share with you news of upcoming events in NCR.*



Glimpses from 2017 - the Centenary Year of *Yogoda Satsanga Society of India (YSS)*

Upcoming Events

Christmas and New Year Celebrations

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Gurudeva Sri Sri Paramahansa Yogananda on the Real Celebration of Christmas

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Sri Sri Paramahansa Yogananda Avirbhav Celebrations

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Last Date to Register for Sangam II is February 15, 2018

Accommodation Available on First-come-first-served Basis

Conducted Spiritual Retreats - 2018

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Special Days of Commemorations - 2018

Calendar of Events with Commemoration Programmes in NCR

Recent Activities

Swami Chidanandaji Visits YSS NCR

Glimpses from Recent India Visit of YSS/SRF President and other SRF monastics

Volunteers' Day Out

YSS Gurgaon Kendra Organises Orientation Event for Volunteers

Charitable Activities

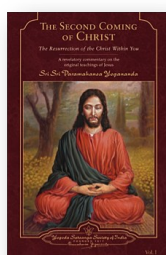
Paramahansa Yogananda Scholarships Given to Students at Delhi Kendra
Gurgaon Kendra Donates Clothing to Earth Saviours Foundation
Noida Ashram Facilitates Hearing of Two Persons with Hearing Disability

Public Talk

Swami Lalitanandaji Speaks to Faculty at Gyan Bharati School

Upcoming Events

Christmas and New Year Celebrations



"Christ is born in the cradle of each loving heart. So you must prepare your consciousness to receive him. Instead of enjoying just the material aspects of this Christmas celebration, make your heart a cradle where Christ can be born again."

— Paramahansa Yogananda

Along with the inspiring thoughts from Gurudeva Sri Sri Paramahansa Yogananda on the real celebration of *Christmas*, we share with you a *Christmas* message from YSS/SRF President Swami Chidanandaji, and also guidelines for eight-hour-long Christmas meditation in YSS NCR.

Christmas and New Year Programme in YSS NCR

Functions	Date	Activity	Sakha Ashram, Noida	Dhyana Kendra, Delhi	Dhyana Kendra, Gurgaon
Christmas	December 17, Sunday	Christmas Long Meditation		10:00 a.m. to 6:00 p.m.	10:00 a.m. to 6:00 p.m.
	December 24, Sunday	Christmas Long Meditation	10:00 a.m. to 6:00 p.m.		
	December 25, Monday	Satsanga and Pushpanjali	10:00 a.m. to 12:00 noon*	10:00 a.m. to 12:00 noon	10:00 a.m. to 12:00 noon
New Year's Eve Meditation	December 31, Sunday	Chanting, Reading, and Meditation	11:00 p.m. to 12:15 a.m.	10:30 p.m. to 12:05 a.m.	10:30 p.m. to 12:15 a.m.

* All devotees will be served Guru Langar after the satsanga.

Paramahansa Yogananda on the Real Celebration of Christmas

Yogoda Satsanga Society of India/Self-Realization Fellowship observes the spiritual celebration of Christmas each year with an all-day meditation service held at YSS/SRF temples, centres, and meditation groups worldwide. This tradition was begun by Paramahansa in 1931. He once said:



"To enjoy a real Christmas you should celebrate the birth of Christ Consciousness (Kutastha Chaitanya) in the spiritual centres of divine perception in the brain and spine. In deep meditation you behold all the astral lights of the spinal centres, and there is an exchange of the Christ Consciousness and your consciousness. That is the real Christmas festivity."

Swami Chidanandaji's Message for Christmas



May the light and joy of the holy Christmas season uplift your heart with renewed awareness of God's love, and with faith in its transforming, harmonizing power in your own life and in the world. Each of us can tangibly experience that inward, sacred dimension of this outwardly festive time by making a special effort to open our hearts to the divine qualities exemplified by the beloved Lord Jesus – and especially by meditating deeply. [Read more by clicking here.](#)

Guidelines for Eight-hour-long Christmas Meditation



"When the Christ Consciousness comes to you, you find within you the whole cosmos, with whirling worlds and universes hanging like ornaments around the Christmas tree of the spine. That is how Jesus celebrated "Christmas," the birth of Christ Consciousness within him."

– Paramahansa Yogananda, in *The Second Coming of Christ: The Resurrection of the Christ Within You*

GUIDELINES FOR LONG MEDITATION

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

The eight-hour-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)

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 Jesus Christ and his life from the book, "The Second Coming of Christ".
- Keep your mind on Jesus Christ 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.

Janmotsav Programme

This year is the 125th birth year of our blessed Gurudeva Sri Sri Paramahansa Yogananda. Janmotsav celebrations in the honour of Guruji will be held at YSS NCR during January 5 - 14 as per the following programme:

Date	Activity	Noida Ashram	Delhi Kendra	Gurgaon Kendra
Jan 3, Wed	Bhajan Sandhya	5:00 pm to 8:00 pm	—	—
Jan 5, Fri	Meditation	7:00 am to 8:00 am	—	—
	Prabhat Feri	8:15 am to 9:00 am†	—	6:45 am to 7:15 am
	Meditation	—	—	7:15 am to 8:15 am†
	Narayan Seva	12:30 pm to 2:30 pm	—	—
	Satsanga and Pushpanjali	5:00 pm to 7:30 pm*	5:00 pm to 7:00 pm	5:00 pm to 7:00 pm
Jan 7, Sun	Long Meditation	10:00 am to 4:00 pm	—	—
Jan 7, Sun	Satsanga and Pushpanjali	5:00 pm to 7:30 pm*	10:00 am to 12:00 noon*	10:00 am to 12:00 noon§
Jan 13, Sun	Narayan Seva	—	12:00 noon to 2:00 pm	—
Jan 14, Sun	Long Meditation	—	10:00 am to 4:00 pm	10:00 am to 4:00 pm

* All devotees will be served Guru Langar after the satsanga.

† Refreshments will be served after meditation.

§ Followed by Guru Langar and Narayan Seva.

Registration for Noida Sangam II (2018)



In view of the large number of requests received to attend the annual Sangam at YSS Noida Ashram, there will be a second Sangam in the end of March 2018.



Sangams at Noida Ashram in 2018:

- Sangam I - (March 18 to March 22) [Click here to register online](#)
- Sangam II - (March 29 to April 2) [Click here to register online](#)

Conducted Spiritual Retreats at YSS Noida Ashram - 2018



"You may be surprised at what seclusion with God will do for your mind, body, and soul.... Through the portals of silence the healing sun of wisdom and peace will shine upon you."

— Paramahansa Yogananda

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

Special Days of Commemorations - 2018

Special functions to commemorate events of spiritual significance will be organized at YSS Noida Ashram, Delhi Kendra and Gurgaon Kendra in 2018. View the complete list of programmes [by clicking here](#).



Reports of Recent Activities in NCR

YSS/SRF President Swami Chidanandaji's visit to India



Arrival in India, October 30

Swami Chidanandaji and party arrive in New Delhi and are welcomed at Indira Gandhi International Airport by senior YSS monks, including Swamis Smaranananda and Sudhananda, and members from the YSS Delhi Kendra (Centre). He and his monastic companions then are

twelve-mile trip to the YSS Noida Ashram, where more than 100 devotees were on hand to greet them. That evening, some 1,500 devotees gathered for a satsanga with Swami Chidananda Giri. The program began with an hour of meditation and kirtan, followed by an inspired talk, during which Swami Chidananda mentioned the

driven to the kendra, where they are joyfully received by a large gathering of YSS devotees.

Satsanga at Noida Ashram, Nov. 1

From the Delhi Kendra, Swami Chidanandaji accompanied by his monastic companions made the

strong desire he felt to visit India after becoming YSS/SRF president, and his deep appreciation for the overwhelming welcome he had received in India. [To view the reports and pictures, click here.](#)

Volunteers' Day Out



A long-felt need for a class for the guidance, orientation and effective functioning of volunteers was fulfilled when YSS Gurgaon Kendra organized a day-long programme for them at Mandi hills farm house in Delhi on December 10, 2017. Swami Lalitanandaji shared with them the benefits of service to the Guru. [Read more here.](#) [To view pictures, click here.](#)



YSS Charitable Activities



The following charitable activities were conducted in YSS NCR during November-December 2017:

- *Paramahansa Yogananda Scholarships Given to Students at Delhi Kendra*

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

- *YSS Noida Ashram Facilitates Hearing of Two Persons with Hearing Disability*

To read more about the Charitable Activities of YSS NCR, [click here](#).



- *Clothing Donated to Earth Saviours NGO by YSS Gurgaon Kendra*

[View images of this activity by clicking here](#).

[To donate to Yogoda Satsanga Society of India, click here](#).

Public Talks

Swami Lalitanandaji Addresses School Faculty

Addressing 100 faculty members of Gyan Bharati School in New Delhi's Saket area on December 16, 2017, Swami Lalitanandaji spoke on 'Yoga for a Stress-free and Balanced Life.' [Read more here](#). [View pictures of public talks in 2017 by clicking here](#).



Get Updates about YSS NCR through the NCR Website

[Book Accommodation Online](#)

We would encourage you to make your bookings for accommodation during retreats, transit or other programmes at Noida Ashram through our Website at Noida.YSSashram.org/Reservation.



Yogoda Satsanga Sakha Ashram, Noida
Paramahansa Yogananda Marg | B-4, Sector 62 | Noida | U.P. | 201307
Phones: 9899811808
9899811909, (0120) 2400670, 2401669-76 (8 lines)
E-mail: noidaashram@yssi.org

Yogoda Satsanga Dhyana Kendra, Delhi
11-12, Bhai Vir Singh Marg, Near Gole Market, New Delhi
Phone: (011) 23362948 / 23346271
Email: ysdk.delhi@gmail.com

Yogoda Satsanga Dhyana Kendra, Gurgaon
Opposite House Number 20, Near DPS (Infant Wing)
Sector-40, HUDA, Gurgaon 122 003, Haryana
Phones: (0124) 4271644, 9871078270
E-mail: ysdk.gurgaon@gmail.com

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