



Guidelines to Satsangs

Swami Bhoomananda Tirtha

1. A Satsang gathering is designed to **strengthen your collective spirit and dedication**. Make sure that the resolve is both fraternal and functional. The traditional saying is that when more than five persons meet together and deliberate, virtually God descends there. How deep, great and creative is your Satsang collectivity then! Intensify and grow with it effectively.
2. **Punctuality** should be observed, so that all concerned will make it a point to adjust their programmes and be present with a joint will at the scheduled time. Many of you know that I always proceed earlier to any discourse, often stopping a few minutes a little away from the lecture hall, to attend the function on time. Is this not a sensitivity that my disciples also should learn and embody? In public functions this time-consciousness is a must. Like one's own domestic and professional needs, this sensitivity also should adorn every one concerned.
3. The *Pushpa-samarpanam*, held at the start of the Satsang has meaning only when all assemble at the fixed time and start reciting the mantras fervently in chorus. Is it mere offering of flowers one by one or the **pursuit of a sublime joint austerity** to be pursued with full congregational vigour? Only then it will have the necessary sublimity and vibration.
4. Besides being an individual saadhana, these gatherings are equally aimed at encouraging and embracing others, making them feel inspired. Every participant should lovingly and faithfully contribute to this kind of community outlook. **More than the *sva* (self-centredness), the *para* (other-centredness) must come to the fore**. You have to manage your personal and domestic routines with a breadth of outlook to accommodate this greater need of spiritual saadhana.
5. **Grow fondness for others**, despite what they are in their nature, status and behaviour. To delight in being considerate to others, dissuading all kinds of dislike in the matter. By this, to eschew self-centredness and grow other-centredness in every possible way.
6. Participation and involvement are very important. Satsang will fulfil itself only when it is able to have the **participation of every one**.

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Narayanashrama Tapovanam

7. Every one has to look at the satsangs as a **crucible for his or her own saadhana**. In it is to be melted and purified every one's mind, like gold melted to become refined. It is spirituality that brings the group together, and for various reasons, every one may have his natural constriction. The satsang is either an opportunity or inducement to outgrow this and develop an amiable personality, the great asset.
8. The success of satsang consists in **enabling every participant to feel hearty and open**. Through such free expression and reception alone will grow purity and transparency in you, building unassailable mutuality in the group. If a set of individuals can stand together, the resultant strength and benevolence will be formidable. Is not good friendship covetable? If the spiritual group can result in and promote such mutuality, imagine what a model and inspiration they would be. Unless you think, speak and assimilate each other's views, needs and idiosyncrasies happily, willingly, the desired collectivity will not evolve at all.
9. Remember that every act is an expression of the actor. What the actor represents in himself, in terms of attitude, aim and attunement, will alone get expressed in whatever he does – be it talk, deed or thought. Thus the **satsang sessions will not be different from what each participant individually is and what all the participants collectively are**. Go into this statement well and try to understand its depth, magnitude and efficacy.
10. Be a very good **cohesive and effective** group. Think of what you can do for others, not what they can do for you. Selfishness constricts. Selflessness expands. The choice is immediate.

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