

## Narayanashrama Tapovanam – Format of the Satsang at the different Centres

The Satsangs which are conducted in our various Centres world over, follow formats sent from the ashram as has been prepared according to the guidelines put forward by Poojya Swamiji. From time to time, the formats have been altered and improved according to the need and necessity of the groups concerned.

Recently, the Ashram is trying to bring in a uniformity in these formats. Also, Poojya Swamiji wishes that enough stress be given for in-depth study and learning of Bhagavadgeeta. Keeping this in mind, a new comprehensive format has been prepared and is being sent to all the Centres. Please go through it carefully.

S#	Sequence	Time	Description	Resource
1.	<b>Pushpa-samarpanam:</b> Offering flowers at the holy lotus feet of Poojya Swamiji.	10 min.	<ul style="list-style-type: none"> <li>Play the Guru-stotras portion from the Song of the Soul CD. (The following are included: <i>janmaanekashataih, poornaananda, Guru-stotras, ending with tvameva-maata, yasyaantarnaadi...</i>). Chant the full Guru stotras even when the number of devotees are few. If number of devotees are more, chant Gurushtakam also till it is required; i.e. stop chanting further when the last devotee has offered flowers.</li> </ul>	This Audio for Pushpa-samarpanam is available on the website.
<b>Om Chanting:</b> When all the devotees are seated, chant Om 3 times together (the way Poojya Swamiji chants). If all the devotees perform Pushpasamarpanam first, then after completion of Pushpasamarpanam, as soon as the devotees sit down, then chant Om 3 times.				
2.	<b>Prabhaata-rashmih:</b> Listen to talk by Poojya Swamiji & also read Hindi translation.	20 min.	<ul style="list-style-type: none"> <li>Use the Prabhaata-rashmih already selected for the session (one devotee should take charge of selecting, downloading, printing copies for distribution, if necessary, every week).</li> <li><b>Read out the Hindi translation</b> of Prabhaata-rashmih (this will depend on the profile of the participants).</li> </ul>	Audio file, English Transcript, Hindi Translation will be available (emailed/website)
3.	<b>Group chanting:</b> Chant the selected chapter of	10 min.	<ul style="list-style-type: none"> <li>Chant along with the recording of the same in Ma's voice. If the chapter is too long, then chant only 20 shlokas that week. Continue chanting the same 20 till you have completed the</li> </ul>	Audio file of the Bhagavadgeeta chanting will be available on the

	Bhagavadgeeta.		detailed chanting of these 20 (see next step).	website.
4.	<b>Chanting and learning of 2 shlokas:</b> Chant 2 shlokas (serially) from the selected chapter of the Bhagavadgeeta every week.	15 min.	<ul style="list-style-type: none"> <li>For each shloka, chant along with the audio recording and learn. (Use the audio recording of Bhagavadgeeta where each quarter and each word has been chanted separately.)</li> <li>Read the literal meaning of the shloka learnt (Use Poojya Swamiji's Essential Concepts in Bhagavadgeeta book for the literal meaning and Swami Swarupanandaji's book for the shloka meanings which Poojya Swamiji has not taken up.)</li> <li>For the Hindi translation of the above, use Gita Press book with <i>anvaya</i>.</li> <li>Meaning of each word in the shlokas taken up can be read out in English as well as in Hindi.</li> </ul> <p><i>Note: The reading can be rotational by those who can read clearly and well.</i></p>	Audio recording (in Ma's voice) of Bhagavadgeeta where each quarter and each word has been chanted is available on the website.
5.	<b>Reading:</b> Read the commentary for the same 2 shlokas from Poojya Swamiji's book: 'Essential Concepts in Bhagavadgeeta'.	10 min.	<p>Read out the commentary in English and Hindi. (Hindi reading to be taken up depending on the profile of the group.)</p> <p>Reading the commentary may not be over in one day. Read English to a point and Hindi also up to that point. Next week, repeat the same shlokas, read further from ECBG (English and Hindi), till the commentary for the specific shlokas in ECBG for the specific shlokas is over.</p> <p><i>NOTE: By this time, you should have learnt the shloka well.</i></p>	<p>Select the portion to be read from the book Essential Concepts in Bhagavadgeeta.</p> <p>The Hindi version of the same can be taken from Vicharasethu (Hindi).</p>
6.	<b>Take notes:</b> Ruminant over what Poojya Swamiji explained and take notes.	5 min	<p>Introspect over the following points and <b>write down:</b></p> <ul style="list-style-type: none"> <li>What are the key concepts covered (by Poojya Swamiji today), which would have an impact on your daily Saadhana?</li> <li>How do you propose to apply the above in bringing about the necessary refinement in your personality?</li> </ul>	Maintain a notebook for the purpose of taking notes during Satsangs.

7.	<b>Chorus chanting:</b> Chant the concluding shlokas.	4 min	Chant along with the audio (“ <i>sarve bhavantu sukhinah, kale varshatu parjanya, svastih prajaabhyah, asato maa sadgamaya, ....</i> ”)	Audio file of the same is available from the website.  Nityasamarpanam Book: Page
8.	<b>Silent sitting / Introspection /meditation</b>	5 min	‘Meditation’ in our Parampara is practice given to Initiated disciples by Poojya Swamiji. Others (those who have not been initiated) may sit silently and observe their thought processes.	
9.	<b>Chorus chanting:</b> Chant <i>Prabuddham-vimuktam</i> to conclude	2 min	Chant <i>Prabuddham-vimuktam together</i>	

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