

## महिन्याचा विचार

### Health Culture:

- i) Eat moderately. Take light and Simple food. Offer it to God before you eat. Have a balanced diet.
- ii) Avoid chillies, garlic, onions, tamarind, etc. as far as possible. Give up tea, coffee, smoking, betels, meat and wine entirely.
- iii) Fast on Ekadasi days. Take milk, fruit or roots only.
- iv) Practise Yoga Asanas or physical exercise for fifteen to thirty minutes every day. Take a long walk or play some virgorous games daily.

### Energy Culture:

- v) Obseve Silence(Mouna) for two hours daily and four to eight hours on Sundays.
- vi) Observe celibacy according to your age and circumstances. Restrict the indulgence to once a month. Decrease it gradually to once a year. Finally take a vow of abstinence for whole life.

### Ethical Culture:

- vii) Speak the TRUTH. Speak little. Speak Kindly. Speak sweetly.
- viii) Do not injure anyone in thought, word or deed. Be kind to all.
- ix) Be sincere, straight forward and open-hearted in your talks and dealings.
- x) Be honest. Earn by the sweat of your brow. Do not accept any money, things or favour unless earned lawfully. Develop nobility and integrity.

- xi) Control fits of anger by serenity, patience, love, mercy and tolerance. Forget and forgive. Adapt yourself to men and events.

### Will Culture:

- xii) Live without sugar for a week or a month. Give up salt on Sunday.
- xiii) Give up cards, novels, cinemas and clubs. Fly from evil company. Avoid discussions with materialists. Do not mix with persons who have no faith in God or who criticise your Sadhana.
- xiv) Curtail your wants. Reduce your possessions. Have plain living and high thinking

### Heart Culture:

- xv) Doing good to others is the highest religion. Do some selfless service for a few hours every week, without egoism or expectation of reward . Do your worldly duties in the same spirit . Work is worship. Dedicate it God.
- xvi) Give two to ten percent of your income in charity every month. Share what you have with others. Let the world be your family. Remove selfishness.
- xvii) Be humble and prostrate yourself to all beings mentally. Feel the divine presence everywhere. Give up vanity, pride and hypocrisy.
- xviii) Have unwavering faith in God, Gita and your Guru. Make a total self-surrender to God and Pray: "Thy will be done; I want

nothing." Submit to divine will in all events and happenings with equanimity.

### Psychic Culture:

- xix) Study one chapter or ten to twenty five versus of Gita with meaning daily.
- xx) Memorize the whole of the Gita, gradually. Keep it always in your pocket.
- xxi) Read the Ramayana, Bhagavata, Upnishads, Yoga-vashishtha or other religious books daily or on holidays.
- xxii) Attend religious meetings, Kirtans and Satsanga of saints at every opportunity. Organise such functions on Sundays or holidays.

### Spiritual Culture:

- xxiii) Go to the bed early. Get up at four o'clock. Answer calls of nature, clean your mouth and take a bath.
- xxiv) Recite some prayers and Kirtan Dhvanis. Practice Pranayama, Japa and meditation from five to six o'clock. Sit on Padma, Siddha or Sukha asana throughout , without movement, by gradual practice.
- xxv) Perform your daily Sandhya Gayatri Japa, Nityakarma and Worship, if any.
- xxvi) Write your favourite Mantra or Name of God in a notebook for ten to thirty minutes, daily.

- The Science of Seven cultures  
(Sadhana Tattva)  
by Shivananda

## ONE –DAY WORKSHOP ON “MIND & MEDITATION”

Date- April 28, 2019 (SUNDAY)

Venue- Will be informed shortly to registered participants

Resource Person – Swami Yatidharmanandji ,  
Bhuvaneshwar

Fees- Nil (Registration by April 20th Mandatory)

Tentative Schedule-

09.00a.m.-09.30a.m. Introduction and Objectives

09.30 a.m.-11.00 a.m. Relaxation

(Yognidra Practice)

11.00 a.m.-11.15 a.m. Sharing about the practice

11.15 a.m. -11.30 a.m. Tea/Coffee break

11.30 a.m.- 12.00 Hrs. Sankirtan

12.00 Hrs. - 01.00 p.m. Video

01.00 p.m.- 01.45 p.m. Working Lunch

01.45 p.m.- 03.00 p.m. Mindfulness & Meditation  
(short talk and practice)

03.00 p.m.- 03.30 p.m. Q/A Session, Interactions

03.30 p.m.- 04.00 p.m. Feedback and Vote of Thanks

Note- Participants to carry mat for session.

Dr. N. H. DESHPANDE

Organizer

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## दिव्य जीवन संघ, पुणे शाखा वृत्तांत

- \* मार्च महिन्याचा सत्संग श्री. लष्करे यांचे घरी दि. १० मार्च रोजी संपन्न झाला.
- \* दिव्य जीवन या आपल्या मासिक पत्रिकेचा मार्च अंक परिवारातील सदस्यांना वितरीत करण्यात आला.

## पुणे शाखेचा पत्ता

श्री. नितीन देशपांडे

‘ईशावास्य’ प्लॉट नं. ४९/सायंतारा,

डी.एस.के. विश्व, धायरी,

पुणे ४११०६८, मो.नं. ९८५०९३१४१७

बुक पोस्ट

प्रति



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## दिव्य जीवन



वर्ष १४/अंक ४  
एप्रिल २०१९



दिव्य जीवन संघातील संन्यासी – स्वामी यतिधर्मानंदजी (भुवनेश्वर) या महिन्यात पुणे शाखेला भेट देण्यासाठी येत आहेत. या निमित्ताने दि. २८ एप्रिल रोजी ते एक दिवसाचे प्रशिक्षण घेणार आहेत. विषय आहे – “मन आणि ध्यान” (Mind & Meditation) या अंकात त्या प्रशिक्षणाची सविस्तर देण्यात आली आहे. इच्छुक सदस्यांनी वीस एप्रिलपर्यंत आपला सहभाग शाखेकडे नोंदवावा. पुढील अंकात या प्रशिक्षणाची माहिती देण्यात येईल.

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