



Yogoda Satsanga Society of India

Online Dhyana Kendra

# Online Sadhana Sangam Guidelines



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*Why shouldn't you strengthen your own vibrations through fellowship with people seeking Self-realization, and by group meditation with them? This practice will fortify your own spiritual convictions; you will find that many seemingly insuperable barriers in your life will crumble and dissolve in the waters of meditation. Your devotion and love for God will commingle with the devotion and love of others. Divine bliss will radiate from you, helping all persons you meet.*

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— Paramahansa Yogananda

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We are very happy that you have taken the opportunity to join us for this special *sannyasi*-led online Sadhana Sangam.

Paramahansa Yogananda summed up the best attitude to take while retreating from worldly activities and participating in a Sangam:

***“During retreat your part is to relax and become receptive to the omnipresent blessings of the Lord. Let go of your outer activities; become receptive to God and let Him be the supreme thought in your mind and the burning desire of your heart.”***

On the following pages are some additional suggestions to help you make the most of this online Sadhana Sangam.

## PREPARATION

- Prepare yourself by reading from Gurudeva's teachings, and mentally setting aside other thoughts and cares, and inwardly turning towards God.
- You may wish to select a room from which you will participate in the Sadhana Sangam ahead of time that will be conducive to the Sangam experience; fresh air is helpful to remain alert.
- It can be beneficial to choose which electronic device you will use to join the online Sangam beforehand, so that, if possible, you can turn off notifications, calls and messages on that device to avoid unnecessary distractions.
- Remember to charge the device you will be using the night before.
- If you will be using a mobile device to join the Sangam, try to connect your device to a wi-fi network, if one is available, or you may wish to consider purchasing additional data. (Using Zoom on a mobile device for 8 hours can use up to 5 GB of data; a two-day event would require around 10 GB of data.)
- Getting a good night's rest before the Sangam will make it easier to concentrate and go deep in meditation.
- **Study of YSS/SRF Lessons on Meditation Techniques:** It is recommended that YSS/SRF Lessons students prepare for the Sangam by reading the Lessons on meditation techniques ahead of attending the scheduled technique review classes.
- YSS/SRF Lessons students should login into the [Sangam portal](#) ahead of time and double check that they are able to access the Meditation Technique Classes page. *Please note that classes will only be available at the scheduled time and will not be available for viewing later.*

*For technical help, YSS devotees can contact the YSS Help Desk by calling 0651 6655 555; SRF devotees may [submit queries to the SRF Online Meditation Center](#) for technical support, or call +1 (760) 417-6080 (long distant charges may apply).*

## DURING THE SANGAM

- Strive to maintain silence throughout the Sangam.
- If possible, keep your device plugged into a power outlet to keep it charged during the Sangam.
- To help you remain interiorized and to keep your thoughts one-pointedly on God, we encourage you to put aside all other activities during the Sangam and participate in the full two-day sangam programme, as your circumstances allow.
- Keep your arm rest, *asana*, water bottle, and other personal belongings handy.
- Continue in the spirit of the Sangam during break times. A few suggested activities include: meditating in the Sangam meditation room with other devotees, practising deep breathing while going for a short walk, practising the YSS/SRF Energization Exercises, or reading a selection from Paramahansa Yoganandaji's writings or the *YSS/SRF Lessons*.

We realize everyone's home circumstances are different, and simply encourage you to apply the spirit of the suggestions given above if it is not possible to follow any of these suggestions literally.



*May the blessings of God and the Gurus be upon you  
as you offer this time for God alone.*