

Yogoda Satsanga *Lessons in Self-realization*

By Sri Sri Paramahansa Yogananda



Introduction

**Highest Achievements Through
Self-realization**



Yogoda Satsanga Society of India

FOUNDED 1917 BY PARAMAHANSA YOGANANDA

Important Information for Lessons Subscribers

The aim of Yogoda Satsanga Society of India is to make known to all truth-seekers scientific techniques of meditation through which they may attain direct personal experience of God. The printed Yogoda Satsanga Society of India Lessons are arranged from writings and recorded lectures of Paramahansa Yoganandaji, founder of Yogoda Satsanga Society of India / Self-Realization Fellowship.

Students are sent four Lessons every month and are encouraged to devote at least a week to studying each Lesson. This is in keeping with the guidelines for study given by Paramahansaji, who stressed the importance of practising and assimilating the principles and techniques taught in the Lessons rather than merely studying them intellectually.

Subscription Plan

There are 182 Lessons consisting of 7 steps. The Lessons series covers a period of about 3 years and 9 months. To enable all sincere seekers to receive the teachings of Paramahansa Yogananda, the subscription rates given on page 4 have been kept to a minimum and cover only part of the costs of the publications and services you receive. Like other nonprofit spiritual organizations, we depend upon donations from devotees and friends to cover the many expenses in carrying out our spiritual and charitable activities. *Donations* should be made out in the name of Yogoda Satsanga Society of India and are income tax deductible under Section 80-G of the Income Tax Act 1961. For more information please visit us at www.ysofindia.org.

Yogoda Satsanga Society of India distributes the teachings of Paramahansaji to devotees in India, Bangladesh, Bhutan, Maldives, Nepal, and Sri Lanka (Subscription rates are different for countries outside India). Even if you are from any of these countries but residing abroad for three years or more, please enrol for the Lessons with the International Headquarters, Self-Realization Fellowship, 3880, San Rafael Avenue, Los Angeles, California 90065-3219, U.S.A., website : www.yogananda-srf.org.

Receiving Kriya Yoga

After completing the first two steps of the Lessons and faithfully practising the basic techniques learned in the first year, devotees are welcome to apply for the sacred technique of Kriya Yoga. Further information is included with Lesson 52.

Companionate Membership of the Same Household

If another member (12 years or older) of your family residing at the same address wishes to study your set of Lessons, he or she is welcome to enrol as a companionate student. A separate Application and Pledge Form is to be submitted by each applicant, together with ₹ 50 as full subscription for all companionate privileges.

Those studying on the companionate plan share one set of Lessons. The companionate plan is offered to family members living at the same address who will be able to share the same set of Lessons for many years. Because the value of these teachings is realized through frequent study and review, and since one may wish to underline or make notations on sections one finds especially helpful and inspiring, the Lessons become a very personal as well as necessary possession. For these reasons friends or relatives living at the same address only temporarily, or who wish to study together but live at different addresses, are encouraged to enrol separately so that they may receive their own set of Lessons.

Yogoda Satsanga Magazines

Yogoda Satsanga Magazines are published four times a year in three languages: English, Hindi, and Bengali. These magazines contain writings of Paramahansa Yoganandaji and Daya Mataji and others, which will give spiritual inspiration and insight for one's sadhana. For magazine subscription details please see page 4.

Lessons Application

Your brief replies to the following questions will help us to become acquainted with you as an individual, enabling us to better guide you in your practice of these teachings.

PLEASE WRITE CLEARLY

Lessons Pledge

Please read the pledge carefully; then sign below to indicate your acceptance. (Your enrolment cannot be completed without your signature on this pledge.)

"I wish to study the teachings and to learn the nonsectarian principles and techniques of meditation for God-communion taught by Yogoda Satsanga Society of India.

"I am undertaking this study in a spirit of deepest sincerity. I realize that in order to progress spiritually on the Yogoda Satsanga Society of India path, I should study the Lessons faithfully and practise the techniques attentively and regularly.

"To help preserve these sacred teachings in their pure form, and to prevent philosophical misinterpretations and incorrect practice of the techniques by persons who have not been adequately instructed, I promise to keep these Lessons solely for my own private use. I will refer interested persons to Yogoda Satsanga Society of India, Ranchi, that they may receive the complete teachings, and benefit from the direct spiritual link with the Society founded by Sri Sri Paramahansa Yogananda."

(You may, of course, discuss the general philosophy of Yogoda Satsanga Society of India with others, but the Lessons themselves, and the techniques, are for your personal use only.)

(Signature) (Date)

Note : If you want to become a companionate student and you are 12 to 15 years of age or you want to become an original student and are between 15 to 18 years, please have your parent or guardian sign below, indicating approval for you to study the Lessons.

(Signature of parent or guardian) (Relationship to subscriber)

Name (Sri/Smt/Kum) _____

Address (in block letter) _____

District _____ State _____ Pin _____

Email Address _____

Phone No. _____ Mobile No. _____

Date of Birth _____ Present Age _____

Single/Married _____ Male/Female _____

Place of Birth _____ Nationality _____

Have you previously enrolled for the YSS Lessons? Yes No

If yes, mention the Lessons Registration No. L- _____

Educational Qualifications _____

Are you attending School or College? _____

Subject Studied _____

Occupation _____

Special skills or abilities _____

Chief interest and activities _____

In what religion were you reared? _____

Do you belong to any sannyas order? (give details) _____

Present religious affiliation (if any) _____

Do you believe in God or a Divine Universal Intelligence? _____

Have you taken diksha from any source (give details) _____

Present spiritual practices (give details) _____

How did you learn about Yogoda Satsanga Society of India? _____

What is your main ambition in life? _____

What effort are you making at self-improvement? _____

What religious or metaphysical philosophies have you studied? (Please include books found most helpful) _____

Have you read *Autobiography of a Yogi*? _____ Other books by Sri Sri

Paramahansa Yogananda? (list those read) _____

My reasons for wishing to study the Yogoda Satsanga teachings _____

PHOTOGRAPH
(Optional)
We would appreciate having a small photograph of you, if you would like to send one. Please paste it here.

Subscription Remittance Form

(Rates applicable only in India)

Lessons Subscription

32 Lessons (8 months) ₹ 80..... _____

For more information: visit www.ysslessons.org; or contact

Ph: 6201394775, 6201395589; or e-mail: lessons enquiry@yssi.org

Companionate Study (Family members only)

For each companionate student ₹ 50..... _____

Companionate members should also send a separate Application Form.

Original student's name and Lessons Registration No.

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Relation of companionate student to original student

Yogoda Satsanga Magazine

1 year 2 years 3 years

English ₹ 120 ₹ 225 ₹ 340 _____

Hindi ₹ 120 ₹ 225 ₹ 340 _____

Bengali ₹ 120 ₹ 225 ₹ 340 _____

Donation

Total Amount ₹ _____

Subscription for Yogoda Satsanga Lessons or magazines, donation, etc., can be made by Cheque or Demand Draft drawn on a Ranchi bank or by crossed Indian Postal Order, in favour of **YOGODA SATSANGA SOCIETY OF INDIA**. Kindly avoid sending by Money Order as these may take several months to reach us. Please send the completed Application Form and the remittance to **Yogoda Satsanga Society of India, Paramahansa Yogananda Path, Ranchi 834 001, Jharkhand.**

Details of Remittance

Name of Bank _____

Cheque/D.D/I.P.O.No.(s) _____

Date _____

SPACE BELOW FOR OFFICE USE (Please do not write in this space)

Lessons Registration No. L-	Date :
<p>PRESENT ADDRESS</p>	<p>Companionate Student</p> <p>Relation _____ L- _____</p> <p>Con. Approved</p> <hr/> <p>Yogoda Satsanga Magazines</p> <p>YE- _____ YH- _____</p> <p>YB- _____</p>