Application to Study

Yogoda Satsanga Society of India

Lessons

-Newly Expanded and Enhanced-

Learn Meditation, Kriya Yoga, and the Art of Balanced Spiritual Living

“Everything else can wait, but your search for God cannot wait.”

— Sri Sri Paramahansa Yogananda
Welcome to the *Yogoda Satsanga Lessons* in Self-realization...

We invite you to journey with us on a life-transforming discovery of the soul through the study of the *Yogoda Satsanga Lessons*. This journey embraces the “how-to-live” teachings of Paramahansa Yogananda, which embody the highest techniques for realizing who we truly are and show how to bring lasting peace, joy, and love into our lives and into the world.

**Subscription Plan**

*Mailing Plan:* The basic series of *Yogoda Satsanga Lessons* consists of 18 Lessons, each 24 to 40 pages long, which all students receive by mail every two weeks for 9 months. They include detailed instruction in the Energization Exercises, the Hong-Sau Technique of Concentration, and the Aum Technique of Meditation, which are an integral part of the science of Kriya Yoga. In addition to the meditation techniques, the Lessons provide in-depth explanations of all of the most important aspects of Paramahansaji’s teachings. One needs to be at least 12 years of age in order to subscribe to the YSS Lessons. Guidelines for introducing children to the Lessons may be requested from YSS Ranchi ashram.

**Digital Lessons and Other Content:** The YSS Lessons are available in digital format (for iOS and Android devices) as part of your subscription by downloading the Lessons app. (The digital Lessons do not replace the printed copies, but are meant to be used in conjunction with the printed Lessons.) Online audio and video classes, guided meditations, and other optional content are also available with each Lesson.

**Subscription Rates:** To enable all sincere seekers to receive the teachings of Paramahansa Yogananda, the subscription rates (see page 4) have been kept to a minimum and cover only part of the costs of the Lessons and accompanying features and services to devotees. Like other charitable spiritual organizations, we depend upon donations from devotees and friends to cover the balance of our many expenses in carrying out our spiritual and charitable activities. Donations are income tax deductible under Section 80-G of the Income Tax Act 1961.

**People Residing Outside India:** YSS distributes the teachings of Paramahansa Yogananda to devotees in India, Bangladesh, Bhutan, Maldives, Nepal, and Sri Lanka (Subscription rates are different for countries outside India). If you are residing in any other country, or will be returning to those countries before completing the course of Lessons, we encourage you to enrol for the Lessons with the Self-Realization Fellowship or visit www.srflessons.org. However, if you are interested in studying YSS Lessons in Indian languages, you may enrol for the Lessons with Yogoda Satsanga Society of India, regardless of the country in which you reside.

**Receiving Kriya Yoga**

An invitation to apply for the sacred technique of Kriya Yoga is included with Lesson 17, and students are welcome to apply at that time if they have faithfully practised the basic techniques given in earlier Lessons. Further information about eligibility for Kriya Yoga initiation is included in the complimentary booklet *An Overview of the Yogoda Satsanga Lessons*, available on request.

**To Submit Your Lessons Application**

Option 1: **Apply and Pay Online:** www.ysslessons.org (Using this method helps to ensure that your application reaches us and allows us to process it more efficiently.)

- or -

Option 2: **Apply by Postal Mail:** Send completed application (pages 3–4) and remittance by courier/post to Yogoda Satsanga Society of India, Paramahansa Yogananda Path, Ranchi 834 001, Jharkhand.

**Companionate Membership Within the Same Household**

If another member (12 years or older) of your family residing at the same address wishes to study and share 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 **₹300** as full subscription for all companionate privileges including access to digital content of the 18 Lessons. Those living at the same address temporarily, or who those wish to receive their own set of Lessons are encouraged to enrol separately.

**Yogoda Satsanga Magazine**

This yearly magazine published in English, Hindi, and Bengali contains inspirational writings of Sri Sri Paramahansa Yogananda and his disciples. The subscription includes digital access to the current issue of the magazine and an online library of past issues. For magazine subscription details, please see page 4.

**Contact Us**

For enquiries, please contact us: Mon – Sat 9.00 a.m. to 4.30 p.m.; Ph.: (0651) 6655 555; or email: helpdesk@yssi.org
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 note: All information is treated confidentially, made available only to those who need it in order to answer your requests and serve you in your spiritual efforts.)

PLEASE WRITE CLEARLY

Name (Sri/Smt/Kum) ____________________________

Address (in block letters) ________________________

Pin _______ City __________ District __________ State __________ Country __________

Mobile No.: _______ Phone No.: _______ Nationality ______________________

Email Address: ____________________________

Have you previously enrolled for the YSS Lessons? Yes □ No □ If yes, mention the Lessons Registration No. L– _______ _______ _______ _______ _______

Date of Birth _______ _______ _______ Gender M □ F □ Marital Status Married □ Single □ Divorced □ Widowed □

Are you attending School or College? Yes □ No □

Educational Qualifications ____________________________ Subject of Specialization ____________________________

Occupation ____________________________ Chief Interests ____________________________

Primary Language of Communication ____________________________ Other Languages ____________________________

Do you have any physical or mental health issues that might make meditation challenging? Yes □ No □ (if yes, give details) ____________________________

Religion ____________________________ Do you believe in God or a Divine Universal Intelligence? ____________________________

Do you belong to any sannyas/monastic order? Yes □ No □ (if yes, give details) ____________________________

Present spiritual practices (give details) ____________________________

Have you taken diksha from any source? Yes □ No □ (if yes, give details) ____________________________

How did you learn about Yogoda Satsanga Society of India Lessons? Friends/Family □ Autobiography of a Yogi □ Public Talk □ YSS Centres □ Internet □ Social Media □ Others □ (if others, give details) ____________________________

Have you read Autobiography of a Yogi? Yes □ No □ Other YSS books ____________________________

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

What are your reasons for wishing to study the Yogoda Satsanga teachings? ____________________________

Optional: We would appreciate having a small photo of you. Please write your name on the back of the photo if you are sending one.

† SMS/Email Notifications regarding subscriptions, events, etc. will be sent.

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

Lessons Registration No. L– _______ _______ _______ _______ _______ _______ _______ Date __________
— ENROLLING FOR THE YSS LESSONS —

Following the precedent set by Paramahansa Yogananda, the *Yogoda Satsanga Lessons* are not available to the general public; they are offered by Yogoda Satsanga Society of India in trust and confidence exclusively to those who are sincere in their wish to study and practise, and who commit to honouring the confidentiality of this spiritual instruction.

**Please note:** If you have applied online, please also send the original copy of the Yogoda Satsanga Lessons Pledge, bearing your handwritten signature, by postal mail as soon as possible. There is a personal element involved in receiving the sacred instruction and guidance imparted by a God-realized guru. By signing the pledge and mailing it to us, you are acknowledging that spiritual connection.

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

* Your signature is compulsory. If you are under 18 years of age please have your parent or guardian sign, indicating approval for you to study the Lessons.

In signing this pledge I confirm I am applying for the YSS Lessons using my true legal name.

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**SUBSCRIPTION DETAILS**

(Rates listed below are applicable only in India)

- **Yogoda Satsanga Lessons**
  - 18 Lessons sent by **Special Post/Courier†**  
    - ₹1000...
  - 18 Lessons sent by **Ordinary Post‡**  
    - ₹600...
  - Companionate Study Within the Same Household  
    - ₹300...

  Companionate students should also send a separate Application Form.
  - Original Lessons student’s name
  - Lessons Reg. No. of Original Student
  - Relation of companionate student to original student

**DONATION**

To help in subsidizing these Lessons and to further the spiritual and charitable activities of YSS.

PAN/Aadhaar No. (Mandatory as per Income Tax Act)

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**Yogoda Satsanga Magazine**

- **Special Post**
  - 1 Year  
    - ₹120
  - 2 Years  
    - ₹240
  - 3 Years  
    - ₹360

Language  
- English  
- Hindi  
- Bengali

TOTAL AMOUNT ₹

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† On the basis of past experience, we encourage you to opt for special postage for timely and assured delivery of Lessons/Magazine. You will also be able to track them. In case they come back undelivered, they will be sent to you again free of cost.

‡ We are unable to track packages sent by Ordinary Post. If the Lessons are lost/damaged/undelivered, YSS will not be responsible. Lost Lessons in transit/damaged/undelivered will be sent again on request against payment.

§- If you are finding it difficult to pay for these Lessons, please contact us.

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