

**SATSANG GUIDELINES**

**These satsang and bhajan guidelines have been given by Sadgurudeva and should be followed meticulously for our own benefit. This will make our Master truly happy.**

1. All devotees and seekers who attend Satsang should follow the guidelines as it helps the organisers & host in terms of organizing and providing logistical support.
2. As Satsang will be hosted in various homes around Melbourne, all attendees should be mindful of neighbourhood rules.
3. All attendees are requested to be cautious in parking the cars on the streets. Please check the neighbourhood rules for parking so that it will not be a problem for the host.
4. All attendees should come on time and leave Satsang as soon as Maha Prasadam finishes, unless there is a need to stay back to do some seva or for an organisational meeting.
5. All attendees to be mindful and careful about things and gadgets of the household where Satsang is held.
6. All parents with small children to take care of their children during Satsang so that children do not wander around the house.
7. If a child is getting restless, parent/s should take the child out to another room and help them to calm down and settle.
8. Parents of small children to train their children to be mindful and careful in using the items that belong to the hosts.
9. Parents should take care of feeding their children so that children will not spill over the food on furniture or carpets of the household.
10. All attendees to leave the Satsang venue as soon as the Maha Prasadam is taken and not stay back for chit chat as we lose the positive energy absorbed during Satsang.
11. Attendees who come from far off distance must leave immediately after the Maha Prasadam so that they can reach their homes safely on time.
12. The purpose of Satsang is to learn discipline & time management to help oneself grow in our spiritual pursuit. Since all Spiritual Masters advise this, we must try and follow.
13. Satsang is a place for spiritual learning and our focus should only be on that and one should not make it a place for meeting and catching up.
14. DYC Australia conveys its sincere & humble THANKS for your support & co-operation for following the above guidelines given by our Sadgurudeva.

## BHAJAN GUIDELINES

1. First of all, we all need to realise the purpose and significance of Satsang with proper understanding. Satsang is not a just group gathering to perform some routine rituals like singing, Arati, offering prasadam etc, It is a very disciplined & dedicated Sadhana in our spiritual path. It is a platform to learn to discipline our mind, body and nurture our soul with divine activities & vibrations which in turn rejuvenates our mind and body.
2. Secondly, understand the significance of doing Nama Sankeertana in Satsang. Sing aloud the glory of God and charge the atmosphere with divine adoration & Vibrations.
3. Nama Sankeerthana singing is a sadhana (a spiritual discipline for all who share in it.) With each Bhajan song the mind must be rendered pure, free from passion and stronger in faith in the Higher Self. Participating in Bhajan or satsang must be a thrilling experience, leaving the participants full of pure energy and elevated enthusiasm.
4. Bhajans have to be sung and offered to GOD in an attitude of utter humility. They are not to be taken as exercise or as exhibition of talents and as a competition for mastery of musical skills. The singing is to please the Lord and Lord alone.
5. Maintain silence before the start of the Bhajan or chant Omkar to bring in the focus. Please maintain silence between bhajans and not disturb the serenity of the atmosphere. Sing familiar bhajans so all can share the "Ananda (the Bliss)". Select simple, short bhajans to start with. Make sure the bhajans you select suit your voice in the beginning. As you progress you can try for the harder ones.
6. Pay attention to the tune, the meaning, the variety, the voice, the raga (rhythm), the tala (beat), and other fine points of the Bhajan. When you sing Bhajans dwell on the meaning of the song and the message, also on each name and form of GOD.
7. Repeat each line only twice and no more. Have only two speeds, in this way you can have 1 hour of qualitative bhajans. Bhajans must be a felt experience. Let your heart pain for God, then the raga and tala will be automatically be pleasant and correct.
8. Bhajans should be sweet to the ear. So, express your feeling for the Lord as if He is sitting in His Physical Form right in front of you & you are blissfully singing and glorifying Him. Learn the lyrics & meaning properly to enhance the effect.
9. Follow and sing from the bottom of your heart, when others are leading. Please do not interrupt the flow of the bhajan by talking to others or getting up while the bhajan is going on.
10. Realize that there is nothing greater than Nama Sankeerthana. What bliss is there in bhajans! What a demonstration of oneness is it when a myriad throats join in uttering the name of the Lord! The vibrations emanating from them make the heart vibrant. The community singing creates a wave of vibrations. They enter into the atmosphere and purify the polluted air. The atmosphere today is polluted by bad thoughts, feelings and wrong actions of many in the outside world. When we sing the glory of God, the bad germs in the air are destroyed and the air gets purified by a treatment of anti-biotic, as it were.
11. When all the participants in a bhajan sing in unison, sacred vibrations are produced and Divine energies are released! When these vibrations fill the world, it brings about positive changes in the individual & group level.
12. People should go home from Bhajans sessions carrying the elevated, uplifted and sublime mood created by the atmosphere at the Satsang. Therefore, after the Bhajan people should disperse quietly, maintaining silence.
13. If there is a need to stay back for Prasad, all participants should engage in spiritual discussion rather than talking the mundane problems & issues of the world. We all talk about mundane issues all the time but we need to keep the Satsang time purely for our spiritual upliftment and sadhana.
14. If we contemplate, understand the above points thoroughly and practice, then the joy and peace derived at the bhajan/Satsang will linger and abide in the heart always.
15. As a closing note, we need to understand that the moment we born, the journey of every human being begins which is learning the curriculum of life through different situations & experiences and this learning ends with death temporarily till we born again and continue. Some of us take a longer route in this life journey, some reach quickly, but we are all on the way. The only thing we carry forward from life to life is the merit we gain through our spiritual growth. Therefore, devotional singing/chanting which is the main aspect of spiritual sadhana should be introduced in the childhood and should continue till the moment of death. It must be the constant companion for every human being, his solace and strength. Do not postpone it to old age, for it is essential food for your mind, body & soul.