

MAUNA-SEMINAR - 14.-15. Dezember 2019

mit Sri Ganapathy Sachchidananda Swamiji, Mysore.



SADGURU CHARANA SANNIDHI, MYSORE



**Mouna Seminar by
His Holiness Sri Ganapathy Sachchidananda Swamiji**

Dates : 14th-15th December 2019.

Venue : Nad Mantapa, Avadhoota Dattapeetham

Organized by : Datta Kriya Yoga International Center,
Avadhoota Dattapeetham, Sri Ganapathy
Sachchidananda Ashram, Mysuru-25.



-The True self is always silent.
-Silence is the shortest path to God.
-In silence there are no questions.

-Sri Swamiji

For Registration Contact :

Mysuru : 7349 3721 32 / 8495 9894 44

Vijayawada : 9440 1730 59

Hyderabad : 9491 2688 03 / 9948 0784 80

Eine Anmeldung ist auch per e-mail möglich: dkycenter@gmail.com.
Teilnahmegebühr: 10'000 IND Rps.
Weitere Spenden sind sehr willkommen.

IMPORTANCE OF SILENCE

- Silence is observed in three ways
 - i) Controlling verbal and non verbal communication
 - ii) Calming the mind
 - iii) Calming the actions of sensory organs
- The shortest path to Samadhi (spiritual absorption) is performing Pranayama along with control over verbal and non-verbal communication.
- 'Think before you Talk' - Control over the tongue (speech) leads to control over the thoughts and vice-versa. Further, practice of Pranayama (control over breath) leads to significant control over the flow of thoughts.
- One should observe silence during spiritual practices such as meditation, worship etc., and also during dining for at least 2Hrs a day. Such a practice enhances our abilities to receive the divine messages from Sadguru and obtain His grace.
- This eases the work of Sadguru who is able to communicate with the disciple just through silence like Lord Dakshinamurthy who communicates with His disciples just through Silence and Gyana Mudra.
- Such silent preaching of Sadguru is hundreds of times more powerful than the verbal commandments and get deep rooted in the disciples heart.
- Disciple can achieve such a skill of receiving silent communications from the Guru only through practice of silence for long hours.
- Even Mahatma Gandhiji observed silence for one day every week despite having an active political life.
- The initial step in the practice of silence is control over verbal communication, later control over gestures, sensations, and thoughts should also be achieved.

PRACTICING SILENCE IN THE PHYSICAL PRESENCE AND BEHEST OF SADGURU HAS MANY BENEFITS

- i) Reduces the stress
- ii) Enhances the focus for Mantra chanting
- iii) Balances the flow of the blood circulation
- iv) Increases the ability to meditate for longer duration
- v) Increases the power of concentration
- vi) Reduces the afflictions of the mind, enhances the quietness
- vii) Insomnia is controlled and one gets good sleep
- viii) Gradually one attains the ability to receive the divine energy transmitted by Sadguru.
- ix) Will gain the capacity to live in solitude
- x) The chants and meditation practice will yield quicker results

May one and all participate in the MOUNA SHIBIRA (SILENCE CAMP) and get doubly blessed with the benefit of Mouna Practice as well as the infinite grace of Sadguru.

Such a powerful Mouna practice session will be conducted by Sadguru Sri Ganapathy Sachidanada Swamiji on 14-15 December, 2019 at SGS Ashram Mysore, Delegates have to be presents on or before 13th december 2019.