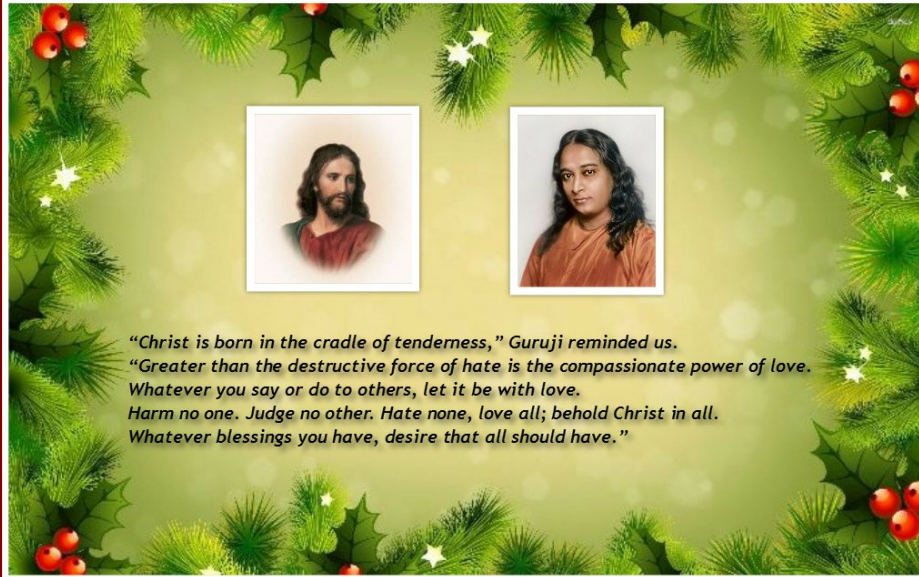


2016 Christmas Message from Sri Sri Mrinalini Mataji



*“Christ is born in the cradle of tenderness,” Guruji reminded us.
“Greater than the destructive force of hate is the compassionate power of love.
Whatever you say or do to others, let it be with love.
Harm no one. Judge no other. Hate none, love all; behold Christ in all.
Whatever blessings you have, desire that all should have.”*

YSS NCR eNewsletter Christmas Edition

Here is what we have to share with you in this month's eNewsletter:

- [Read Sri Sri Mrinalini Mataji's Christmas message](#)
- [YSS NCR website launched by Swami Shraddhanandaji](#)
- [Book Accommodation ONLINE for stay at Noida Ashram](#)
- [A CENTENARY memento: the new YSS Desk Calendar 2017](#)
- [NOIDA SANGAM 2017: Registration Open; Limited Accommodation available](#)
- [Centenary Function in Ranchi scheduled from March 19 to 23, 2017](#)
- [First-ever VOLUNTEERS' CAMP for YSS NCR volunteers conducted at Noida Ashram](#)
- [Swami Ishwaranandaji distributes SCHOLARSHIPS to deserving students at Delhi Kendra](#)
- [COMING UP: Christmas 8-hour-long Meditation at YSS Delhi and Gurgaon](#)
- [NEW YEAR 2017: Usher in the New Year with a 26-hour Centenary special meditation at YSS Noida Ashram](#)
- [Guidelines for Special 8-hours Long Meditation](#)

Sri Sri Mrinalini Mataji's Christmas Message



“Christ is born in the cradle of tenderness,” Guruji reminded us. “Greater than the destructive force of hate is the compassionate power of love. Whatever you say or do to others, let it be with love. Harm no one. Judge no other. Hate none, love all; behold Christ in all. Whatever blessings you have, desire that all should have.”

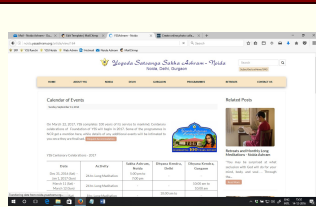
(Excerpt from [Mrinalini Mataji's Christmas message](#) to devotees.)



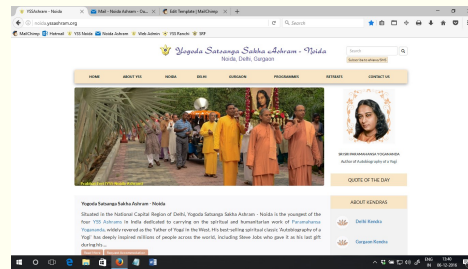
YSS NCR Website Inaugurated



The new [YSS NCR website](#) was launched by Swami Shradhanandaji at Noida Ashram on December 9, 2016. Brahmachari Dhairyanandaji demonstrated the website content to Swamiji. Apart from being informative about the YSS events in NCR, this website also allows devotees from across India and the world to [request ashram accommodation online](#).



The retreat schedule of YSS Noida ashram, as well as the NCR schedule of events are listed here. Look up the website to check the meditation schedule of [Noida](#), [Delhi](#) and [Gurgaon](#).



The NCR website showcases charitable activities of Delhi, Gurgaon and Noida. View reports and photographs of recent events. Visit book rooms of [Noida](#), [Delhi](#) and [Gurgaon](#) for YSS literature.

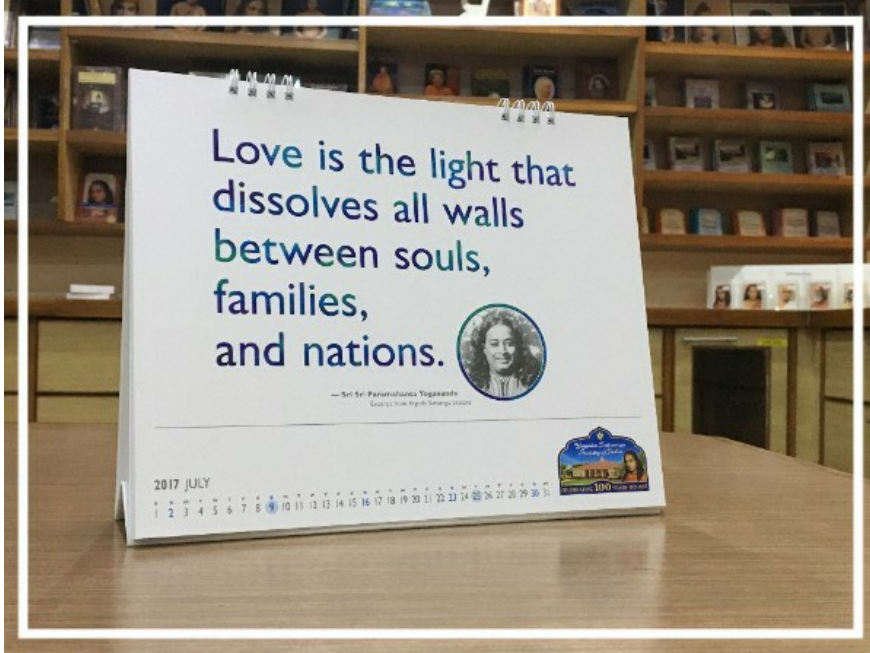
Book Accommodation Online: Take a Retreat at Noida Ashram



Next time you wish to attend a retreat at YSS Noida Ashram, just log on to your YSS NCR website and book your [accommodation](#). You may request to attend any of the group retreats from the NCR retreat schedule. The group retreats are centred around a theme. The classes are usually in Hindi. Booking for these retreats is subject to availability.

Alternatively, you may come for an individual retreat during which you may stay in silence within the premises of the ashram for individual *sadhana* up to seven days. In either case, please await a confirmation of your booking from Noida Reception.





An attractive new YSS Desk Calendar for 2017 is available as a special offering from YSS on the occasion of its Centenary. You may pick up these calendars from YSS Noida Ashram, Gurgaon or Delhi Kendras at a discount or [order online](#).

Noida Sangam 2017: Register Now!



Swami Hiteshanandaji inaugurates registration for [Noida Sangam 2017](#). The Sangam will be conducted from **February 28 to March 5, 2017**. Classes will be in Hindi. Kriya Diksha will be conducted on Sunday, March 5, 2017.



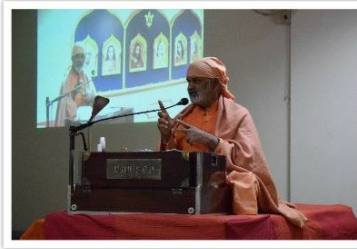
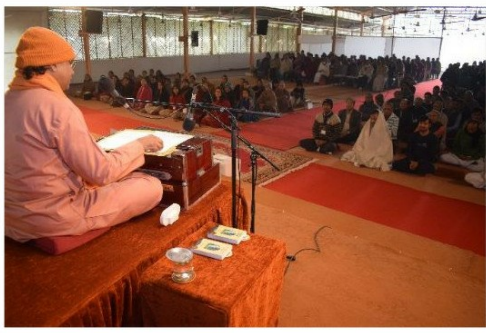
Register now by visiting or Noida Ashram till January 20, 2017. Alternatively, visit Delhi Kendra or Gurgaon Kendra till December 25, 2016. Registration fee: Rs 600 per participant. Accommodation will be on first-come-first-served basis.

YSS Centenary Function March 2017



On the occasion of the YSS Centenary, a 5-day function will be conducted at Ranchi during March 19 – 23, 2017. Kriya Yoga diksha will be held on March 23. Find out more about this programme [here](#).

First YSS NCR Volunteers' Camp at Noida Ashram



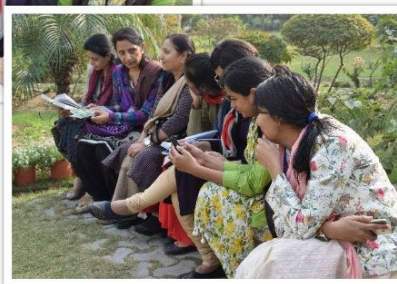
Satsangas on Loyalty, Service and Deeper Meditation



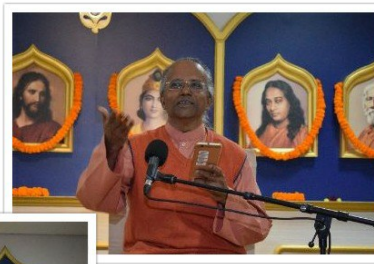
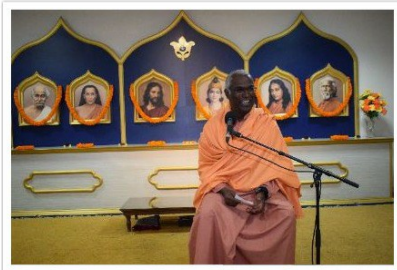
The first-ever YSS NCR Volunteers' Camp was conducted from December 9 to 11, 2016 at Noida ashram for Yogoda volunteers from Delhi, Gurgaon and Noida. Around 160 volunteers attended the weekend residential programme which comprised of group meditation, satsangas on service, loyalty and meditation. It also included interactive sessions where senior devotees and monastics shared their experiences and stories on the spiritual path to inspire the volunteers attending the camp. The Saturday evening session was a time for the volunteers to test their familiarity with Gurudeva's *Autobiography of a Yogi*. [Read More](#)



Volunteers take a break in Ashram Lawns



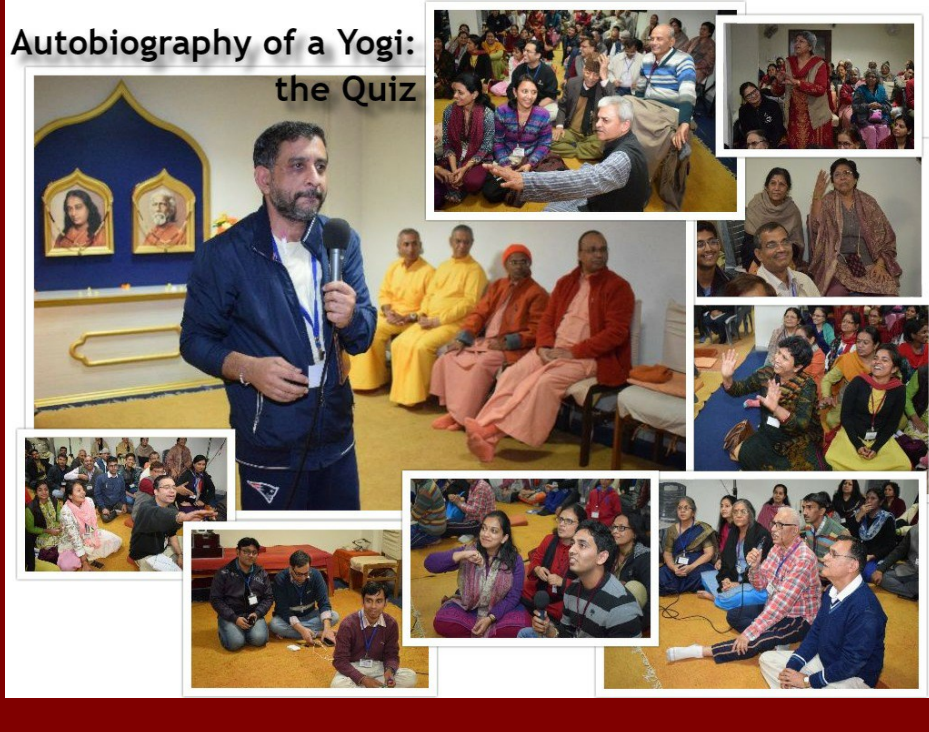
Stories by Monastics



Volunteer Experiences



Autobiography of a Yogi: the Quiz



Glimpses from the Volunteers' Camp



Scholarships distributed at YSS Delhi Kendra



Delhi Kendra recently conducted a written exam based on *Autobiography of a Yogi* to select students who will receive scholarship under the Paramahansa Yogananda scholarship scheme. Fifty-eight students pursuing vocational studies appeared for the examination at Delhi Kendra.

Fifteen students qualified for this scholarship and were shortlisted to receive an amount of 10,000 rupees each. Swami Ishwaranandaji presented them with their scholarship cheques on December 8, 2016. He addressed these students and inspired them to be of help to others later in their lives. A total of four lakh rupees has been distributed to deserving students as part of this scholarship scheme in 2016.



Delhi Kendra Scholarship Winners Share Plans

This scholarship is very important for me. I will utilise it for my tuition fees as well as for preparing for my SSC exam.
Priyanka Sharma (Daryaganj, DIET)

I am going to be independent towards my life dream. The best thing I learnt is to pass on this habit of helping the society in the same manner YSS has helped me.
Ravindra Jaiswal (Pusa Institute of Technology)

I am going to prepare for my approaching competitive examinations. This scholarship will help me pay for the same. Now, I can prepare for these exams without worrying about arranging for the fee amount.
Nikhil Rai (Pusa Institute of Technology)

I can utilize my scholarship to pay DIET fees because of my financial condition, which is not so good.
Shivam (DIET, Daryaganj)

Christmas 2016 Meditation and Programmes



Christmas Long Meditation

Sunday, December 18

YSS NOIDA ASHRAM: 10.00 a.m. to 6.00 p.m.

Saturday, December 24

YSS GURGAON KENDRA: 10.00 a.m. to 6.00 p.m.
YSS DELHI KENDRA: 10.00 a.m. to 6.00 p.m.

Christmas Day Meditation

Sunday, December 25

Meditation, Reading, Pushpanjali:

YSS GURGAON KENDRA: 10.00 a.m. to 12.00 p.m.

YSS DELHI KENDRA: 10.00 a.m. to 12.00 p.m.

YSS NOIDA ASHRAM: 10.00 a.m. to 12.00 p.m.

Christmas Celebration Children Satsanga

Sunday, December 25

YSS NOIDA ASHRAM: 10.00 a.m. to 12 noon

(For more information on Children Sunday Satsanga, [click here.](#))

26-hour-long Meditation on New Year's Eve



YSS Centenary 26 Hours Long Meditation

Saturday, December 31, 2016 to Sunday, January 1, 2017

YSS NOIDA ASHRAM: 5.00 p.m. (Dec. 31) to 7.00 p.m. (Jan. 1)

New Year's Eve Meditation

Chanting, Reading, and Meditation:

YSS GURGAON KENDRA: 10:30 p.m. to 12:15 a.m.

YSS DELHI KENDRA: 10:30 p.m. to 12:05 a.m.

Guidelines for Special 8-hour Long Meditation

Gurudeva always encouraged devotees to participate in long meditations on special occasions, like Christmas and other Commemoration days. He would often remind his disciples that special vibrations flow on such days, which can be experienced by long and deep meditation.

The long meditation will be conducted in 2 sessions:

1st session: 10 am to 2 pm

Break: 2 pm to 2:30 pm (Refreshments will be served)

2nd Session: 2:30 pm to 6 pm

Devotees may attend either or both the sessions.

To reap the maximum benefit from such long meditations, a few simple guidelines need to be followed:

Previous day preparation:

Have adequate rest.

Read Guruji's description of Jesus Christ and his life from his book, "Second Coming of Christ".

Keep your mind on Lord Christ by mentally chanting his name or mentally chanting Guruji's chants and bhajans

On the day of meditation:

Do your Energization Exercises before you come for long meditation.

Wear loose and comfortable clothes.

Please arrive 10 minutes before the start of the session so that you are already comfortably seated by the time the session starts. Devotees may not be allowed to join the meditation if they arrive after the meditation starts.

Keep your mobile phones switched off.

Forget time and launch into meditation with devotion, without expecting anything from God, but wanting only to give Him your love.

Try to keep the body still during periods of silent meditation.

Practice the techniques of meditation for longer duration, but intersperse them with periods of silent meditation.

Items to Bring with you: Arm rest, Kriya beads (if you use them), a thick soft asan, small bottle of water, a small shoulder bag to keep all these items.

Do not bring polythene bags into the hall as they are noisy and disturb others.

Please come with a receptive heart and you shall be blessed.

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