

Sang evo Rang



Facts



Did you know?

- There are 1,000 deaths a year from passive smoking
- There's been a 42% rise in bullying from last year
- 1.2 million people who were 12 and under took drugs in the UK last year
- If you eat onions, it takes 22 days for it to get out of your body.



Vachnamrut G.P.P18



What kind of atmosphere and places do you think you will be able to find these things?



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Going out, dancing, clubbing, offering wine/drinks, exposition of bodies, luxurious villas and inhalation of drugs- this is an example of a contaminated atmosphere. It pollutes one's heart.



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Now think of the opposite type of atmosphere?



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Visiting yogis, going to sabhas discussing religion, dharma, gnaan, vairagya and bhakti are all signs of a good atmosphere. Staying in these conditions will purify your heart.



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We take in things from
our 5 senses. What
we take in affects our
body and mind

Have to be VERY careful!!!
Make sure you don't listen to
impure things, eat impure
things, look at impure things etc



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- Keeping in Bhagwan's aagna also helps us to control our 5 senses.
- In (GM16)-it states that devotees have to control the senses to become closer to God by stopping the influences of worldly desires.



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- Maggot and bee story.
- Bhramanand swami says “duniya daar dukhi sab deke.....dil lagya humara fakiri se..” the world sees us as dukhi i.e. suffering, where as in fact there is no other pleasure in comparison to the sukh we get from doing bhajan bhakti.



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(Sang evo rang) Sang=association Rang=colours.
You should keep sang with satsangis sat=true
sang=association and keep away from kusangis
bad association.

**“The jiv is contaminated in bad company and
elated in good company”**

For example, you have white paint and you have
brown paint.



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- Why do we have niyams?
It is the daily code of conduct for a satsangi.
- Why do we follow our niyams?
Bhagwans aagna.
If we don't follow Bhagwans aagna then we suffer dukh in this life as well as in the next. (Shikshapatri shlok 6).
- **Importance of human life.**
- What are we valued at?
- Example naradji asking Vishnu bhagwan what is satsang?
Asked frog, calf and prince.
- Benefits of a satsangi vachnamrut 24



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- Shikshapatri shlok 205 says “Be alert at all times, according to the Shikshapatri, never according to the MIND.”
- You have to realise the impact of good and bad company. One who doesn't know about Bhagwans greatness cannot understand this and realise the importance of having good sang.



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- Keeping in contact with satsangis is beneficial not only for you but for others as well.
- If you learn something then it is good to pass on knowledge to other satsangis.

**Satsang is all about
sharing!**