

Shrimad
Rajchandra
Mission
Delhi



Sattva RETREAT

Reference Booklet



Shrimad Rajchandraji (1867–1901)
a Profound Spiritual Master

Sattva Retreat
Reference Booklet

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Shrimad Rajchandra Mission, Delhi

a Spiritual Revolutionary Movement

Founded in 2010 by Sri Ben Prabhu, Shrimad Rajchandra Mission, Delhi is a non-profit, volunteered organisation essentially working in different ways to connect and push people inwards.

Named after a profound Saint – Shrimad

*“Liberation is inside
& so is the path.
We are on the return
journey...”*


—Sri Ben Prabhu

Rajchandraji, whose teachings pave the base of the Mission, the organisation is not bounded in any one sect but unites the essence of all into one, recognising the very reason and

logic behind every concept, every religion, every symbol and every testament. The Master drives the Mission in a way that the inner bliss is obtained over the stand of selflessness and all-inclusivity.

www.srmdelhi.com





“ *The only art to
be learnt is that
of balance. That
is meditation.
That is life.* ”

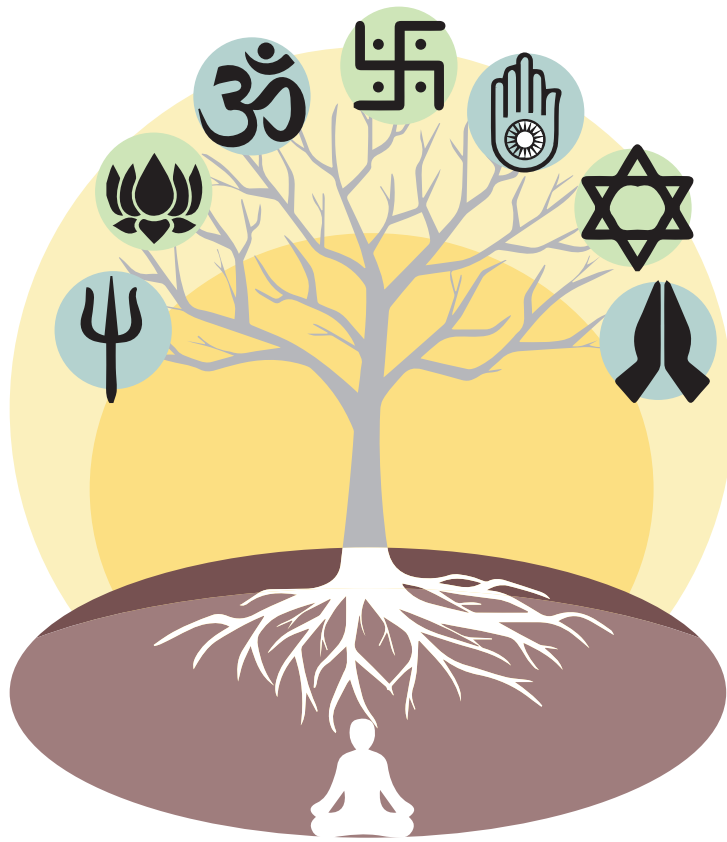
What is Sattva?

Sattva is the state of balance. Every human being is trying to attain the state of equilibrium through the prospect of body, mind and intellect. In the absence of right knowledge, we often tend to create dis-balance in our inner equipments leading to restless life. This session includes the meaning of sattva and its implication in various fields of life. *The session concludes with Meditation to create harmony within.*

Managing desires

As seen from the worldly perspective, desires are the guiding force of life. But from the spiritual view point, the root cause of sufferings and repeated birth cycle is 'desire'. This session explores how to manage our desire in such a manner that life gets motivation but seeds to next birth are not sown. *The session is concluded by meditation on dropping prior unfulfilled desires and starting afresh.*





“Religion” Vs. Spirituality

This session opens the door to a clear understanding of the difference between Religion and Spirituality. We are bound to born in some religious sect but becoming spiritual is one's own state of intellect depending upon the choices we make. Religion divides person on the basis of caste but Spirituality unites every creature focussing on the roots. *The session merges into mindful meditation to create space for right thinking.*

Fear of *death*?

Though it is the inevitable truth of life everyone is scared of this word. This session explores the true meaning of death and its importance as laid by Lord Krishna in Bhagavad Gita. Death is a powerful tool to drop the unnecessary baggage on the soul and move on the spiritual journey. *A meditation will be followed to experience the life within the cage of physicality.*



“Death happens when your body is no more fit to help you fulfil the life’s purpose. Thus, life moves on to a new body to continue the journey.”

—Sri Ben Prabhu

A Buddhist monk in orange robes sits on a large rock overlooking a body of water under a bright, cloudy sky. The monk is seen from the back, looking out over the water. The sky is filled with soft, white clouds, and the water reflects the light. The rock is dark and textured. The overall mood is peaceful and contemplative.

Renunciation ~~Giving~~ *Going up!*

The true joy of life is in going up. In the process of going up, we effortlessly give up the one that is not needed for further journey. Renunciation is a vertical journey to experience the Infinite Self within. As we go up, we break free from the clutches of finite and that speeds-up our journey to Infinite. *The session is concluded by meditation experience of staying witness to all finite things and feelings.*

The Big Bang

Science, Story & Spirituality behind all Existence

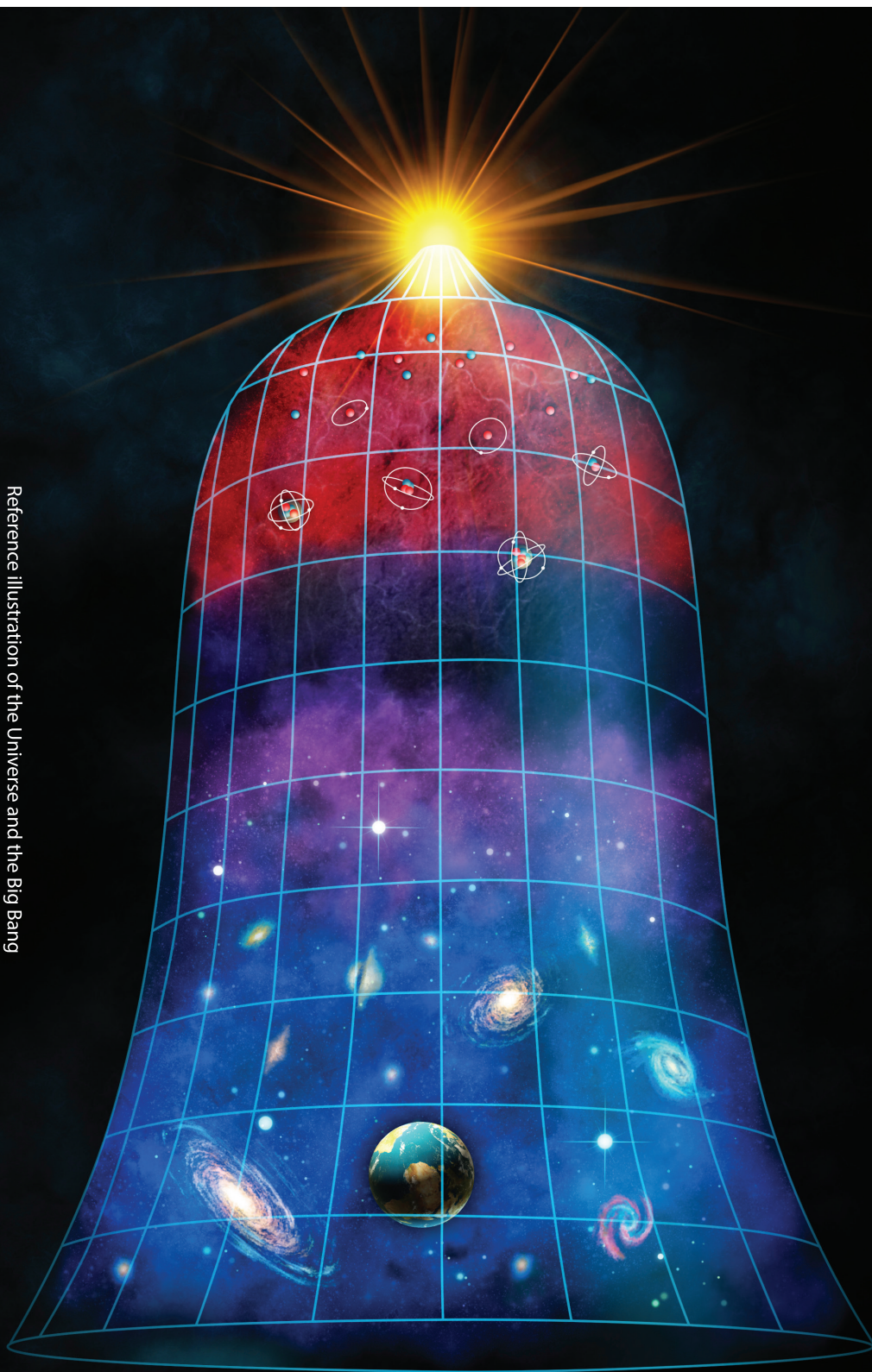
One of the greatest concept clearly explained by Sri Ben Prabhu. This concept clearly explains all the dimension of religious stories that human DNA is carrying within. The very fundamental aspect of creation and creator is opened up in this session that brings story, science and spirituality on the same page. *The session invites questions from the seeker followed by meditation.*



Sri Ben Prabhu explains the Big Bang and the Shiva during a Satsang

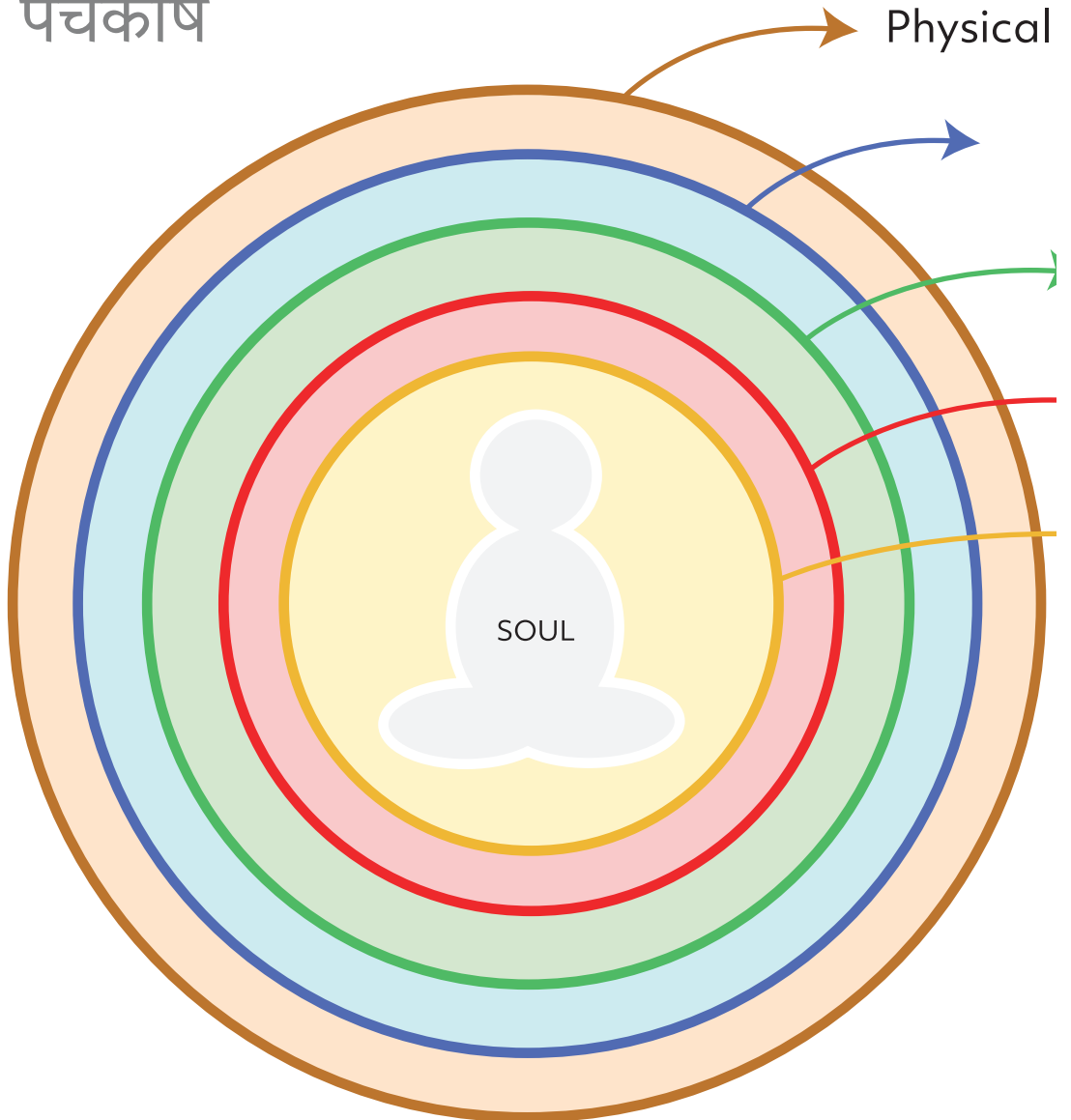
You Tube Bhagavad Gita | Satsang 29

Reference illustration of the Universe and the Big Bang



5 SHEATHS OF EXISTENCE

पंचकोष



ical Sheath अन्नमयी कोष

Vital Air Sheath प्राणमयी कोष

→ Mental Sheath मनोमयी कोष

→ Intellectual Sheath विज्ञानमयी कोष

→ Bliss Sheath आनंदमयी कोष

Where to work for transformation?

The five-sheath (body) covering on soul is the complete picture of our existence. In the name of transformation, we happen to confuse that which body to work upon in order to experience transformation. An eye-opening session that puts forward the concept of 'right equation' to break free from all the sheaths. *A deep meditation practice will be followed which will allow seekers to identify with five sheaths.*

“ *Ego is not a cage of slavery, it is a torch of empowerment. If focused on the right dimension, it can set everything right.* ”

OPEN SESSION

Freedom of the Self

The session propounds the freedom of the Self through allocation of Ego to its True source. On this inward journey, ego is not to be removed but to merge into its True Self. *The session includes the meditation technique to re-allocate our ego to its true source.*



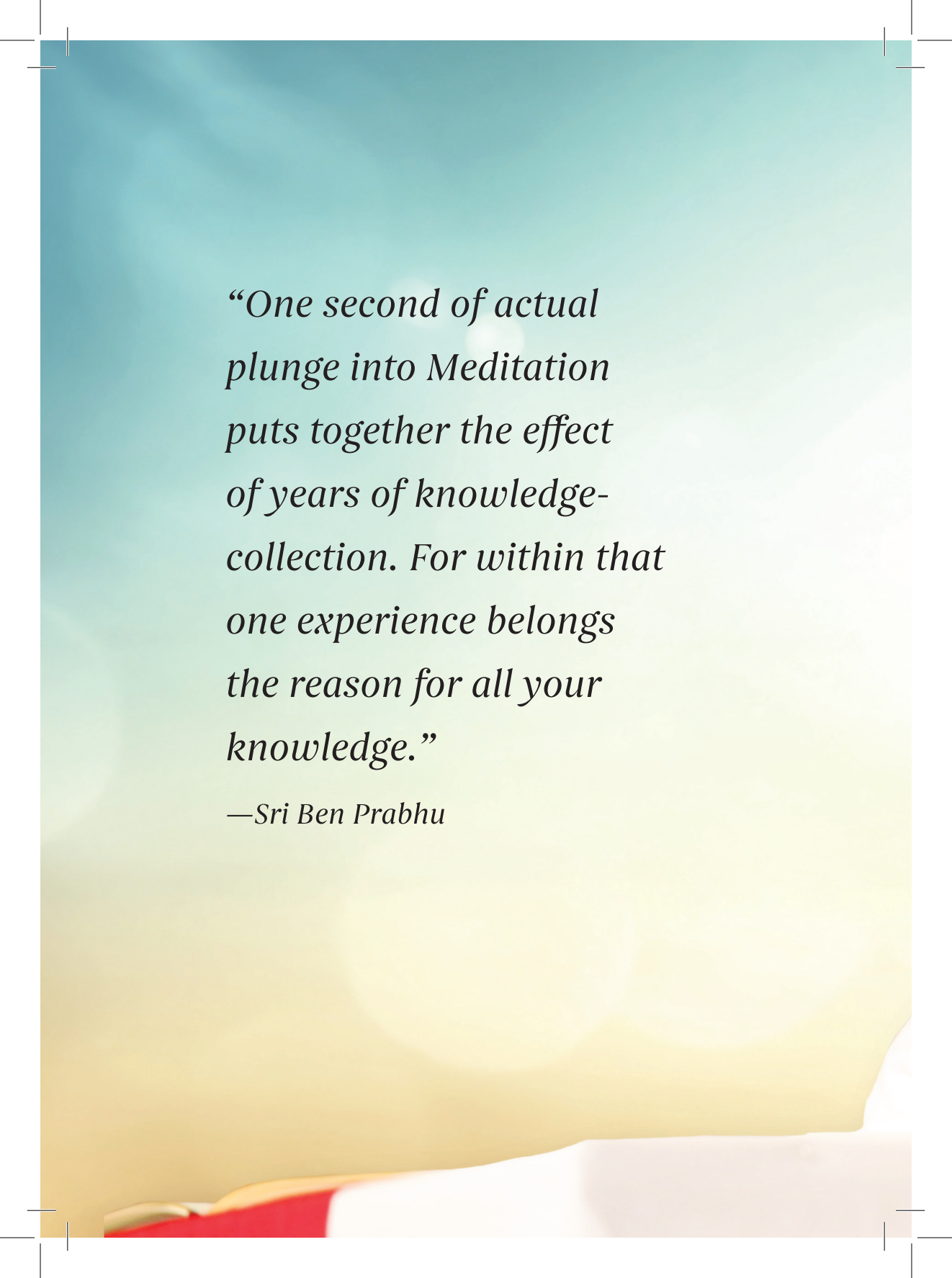


Know your Gunas

Reference Chart

	Physical or Mental Activity	Sattva	√	Rajas	√	Tamas	√
1	Diet	Vegetarian		Some meat		Heavy meat diet	
2	Drugs, Alcohol, Stimulants	Never		Occasionally		Frequently	
3	Need for sleep	Little		Moderate		High	
4	Sensory Impressions	Calm, Pure		Mixed		Disturbed	
5	Control of senses	Good		Moderate		Weak	
6	Speech	Calm, Peaceful		Agitated		Dull	
7	Cleanliness	High		Moderate		Low	
8	Work	Selfless		For Personal goals		Selfish, lazy	
9	Sexual activity	Low		Moderate		High	
10	Anger	Rarely		Sometimes		Frequently	
11	Fear	Little		Some		Much	
12	Desire	Little		Some		Much	
13	Pride	Modest		Some ego		highly egoistic	

14	Depression	Never		Sometimes	Frequently	
15	Love	Universal		Personal	Lacking in Love	
16	Violent Behaviour	Never		Sometimes	Frequently	
17	Attachment to Money	Little		Some	A Lot	
18	Contentment	Usually		Partly	Never	
19	Forgiveness	Forgives Easily		With efforts	Holds long term grudges	
20	Concentration	Good		Moderate	Poor	
21	Memory	Good		Moderate	Poor	
22	Will Power	Strong		variable	Weak	
23	Truthfulness	Always		Most of the Time	Rarely	
24	Honesty	Always		Most of the Time	Rarely	
25	Peace of Mind	Generally		Partly	Rarely	
26	Creativity	High		Moderate	Low	
27	Spiritual Study	Daily		Occasionally	Never	
28	Mantra, Prayer	Daily		Occasionally	Never	
29	Meditation	Daily		Occasionally	Never	
30	Service	Much		Some	None	
TOTAL		Sattva =		Rajas =		Tamas =



*“One second of actual
plunge into Meditation
puts together the effect
of years of knowledge-
collection. For within that
one experience belongs
the reason for all your
knowledge.”*

—Sri Ben Prabhu



Together Time

SCHEDULE

Day 1 | Thursday, 7 June, 2018

2:00 - 5:00 p.m.	Arrival and check-in to rooms
5:30 - 7:00 p.m.	Dinner
7:30 - 8:00 p.m.	Dev Vandan and Bhakti
8:00 - 9:30 p.m.	Session 1

Day 2 | Friday, 8 June, 2018

7:30 - 8:15 a.m.	Yoga
8:15 - 8:45 a.m.	Meditation
8:45 - 9:00 a.m.	Dev Vandan
9:00 - 9:45 a.m.	Breakfast
11:00 - 12:30 p.m.	Session 2
1:00 - 2:00 p.m.	Lunch
3:30 - 5:00 p.m.	Session 3 followed by Retention Activity
5:30 - 7:00 p.m.	Dinner
7:30 - 8:00 p.m.	Dev Vandan
8:00 - 9:30 p.m.	Session 4

Day 3 | Saturday, 9 June, 2018

7:30 - 8:15 a.m.	Yoga
8:15 - 8:45 a.m.	Meditation
8:45 - 9:00 a.m.	Dev Vandan
9:00 - 9:45 a.m.	Breakfast
11:00 - 12:30 p.m.	Session 5 followed by Tracing Meditation activity
1:00 - 2:00 p.m.	Lunch
3:30 - 5:00 p.m.	Session 6 followed by Quote Activity
5:30 - 7:00 p.m.	Dinner
7:30 - 7:40 p.m.	Dev Vandan
7:40 - 8:45 p.m.	Open Session — "Freedom of the Self"

Day 4 | Sunday, 10 June, 2018

7:30 - 8:15 a.m.	Yoga
8:15 - 8:45 a.m.	Meditation
8:45 - 9:00 a.m.	Dev Vandan
9:00 - 9:45 a.m.	Breakfast
11:00 - 12:30 p.m.	Session 8
12:30 onwards	Lunch and depart with joyful memories

FEEDBACK

How was your experience at the Sattva Retreat?

- ☐ Awakening ☐ Thought-provoking ☐ Relaxing
- ☐ Other than this. (*Specify below*)
-

Do you believe that this understanding is practically achievable in life?

- ☐ Strongly agree ☐ Maybe yes ☐ Seems tough
- ☐ Other than this. (*Specify below*)
-

Are you inspired for action?

- ☐ Very much ☐ Maybe yes ☐ Need more understanding
- ☐ Other than this. (*Specify below*)
-

Experienced any immediate shifts?

- | | |
|---|--|
| <input type="radio"/> Improved sleep | <input type="radio"/> Peaceful mind |
| <input type="radio"/> Energetic day | <input type="radio"/> Inspired to meditate |
| <input type="radio"/> Thoughtfulness | <input type="radio"/> Empowered |
| <input type="radio"/> Answers to your questions | <input type="radio"/> Shifting mindset |

Your overall experience:

Suggestions to SRM for such Retreats:

Name:

City, Country:

Phone:

Email:

Thank you for your feedback.

Celebrating Wisdom!

Shrimad Rajchandra Mission, Delhi

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Sattva

RETREAT



7th to 10th June, 2018

Art of Living Retreat Center
Boone, NC, USA

This booklet belongs to:

Shrimad
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