

Application to Study  
*Yogoda Satsanga Society of India*  
LESSONS

✧ *Newly Expanded and Enhanced* ✧

*Learn Meditation, Kriya Yoga, and the Art of Balanced Spiritual Living*



“Everything else can wait, but your search for God cannot wait.”

— *Sri Sri Paramahansa Yogananda*



*Yogoda Satsanga Society of India*

FOUNDED 1917 BY PARAMAHANSA YOGANANDA

# Welcome to the *Yogoda Satsanga Lessons* in Self-realization...

We invite you to journey with us on a life-transforming discovery of the soul through the study of the *Yogoda Satsanga Lessons*. This journey embraces the “how-to-live” teachings of Paramahansa Yogananda, which embody the highest techniques for realizing who we truly are and show how to bring lasting peace, joy, and love into our lives and into the world.

## Subscription Plan

**Mailing Plan:** The basic series of *Yogoda Satsanga Lessons* consists of 18 Lessons, each 24 to 40 pages long, which all students receive by mail every two weeks for 9 months. They include detailed instruction in the Energization Exercises, the Hong-Sau Technique of Concentration, and the Aum Technique of Meditation, which are an integral part of the science of Kriya Yoga. In addition to the meditation techniques, the Lessons provide in-depth explanations of all of the most important aspects of Paramahansaji’s teachings. One needs to be at least 12 years of age in order to subscribe to the *YSS Lessons*. Guidelines for introducing children to the *Lessons* may be requested from YSS Ranchi ashram.

**Digital Lessons and Other Content:** The *YSS Lessons* are available in digital format (for iOS and Android devices) as part of your subscription by down-loading the *Lessons* app. (The digital Lessons do not replace the printed copies, but are meant to be used in conjunction with the printed Lessons.) Online audio and video classes, guided meditations, and other optional content are also available with each Lesson.

**Subscription Rates:** To enable all sincere seekers to receive the teachings of Paramahansa Yogananda, the subscription rates (see page 4) have been kept to a minimum and cover only part of the costs of the *Lessons* and accompanying features and services to devotees. Like other charitable spiritual organizations, we depend upon donations from devotees and friends to cover the balance of our many expenses in carrying out our spiritual and charitable activities. Donations are income tax deductible under Section 80-G of the Income Tax Act 1961.

**People Residing Outside India:** YSS distributes the teachings of Paramahansa Yoganada to devotees in India, Bangladesh, Bhutan, Maldives, Nepal, and Sri Lanka (Subscription rates are different for countries outside India). If you are residing in any other country, or will be returning to those countries before completing the course of *Lessons*, we encourage you to enrol for the *Lessons* with the International Headquarters, Self-Realization Fellowship 3880, San Rafael Avenue, Los Angeles, California 90065-3219, U. S. A.; or visit [www.srflessons.org](http://www.srflessons.org).

## Receiving Kriya Yoga

An invitation to apply for the sacred technique of Kriya Yoga is included with Lesson 17, and students are welcome to apply at that time if they have faithfully practised the basic techniques given in earlier Lessons. Further information about eligibility for Kriya Yoga initiation is included in the complimentary booklet *An Overview of the Yogoda Satsanga Lessons*, available on request.

## To Submit Your Lessons Application

Option 1: **Apply and Pay Online:** [www.ysslessons.org](http://www.ysslessons.org) (Using this method helps to ensure that your application reaches us and allows us to process it more efficiently.)

- or -

Option 2: **Apply by Postal Mail:** Send completed application (pages 3–4) and remittance by courier/post to Yogoda Satsanga Society of India, Paramahansa Yogananda Path, Ranchi 834 001, Jharkhand.

## Companionate Membership Within the Same Household

If another member (12 years or older) of your family residing at the same address wishes to study and share your set of *Lessons*, he or she is welcome to enrol as a companionate student. A separate Application and Pledge Form is to be submitted by each applicant, together with ₹300 as full subscription for all companionate privileges including access to digital content of the 18 Lessons. Those living at the same address temporarily, or who those wish to receive their own set of *Lessons* are encouraged to enrol separately.

## Yogoda Satsanga Magazine

This yearly magazine published in English, Hindi, and Bengali contains inspirational writings of Sri Sri Paramahansa Yogananda and his disciples. The subscription includes digital access to the current issue of the magazine and an online library of past issues. For magazine subscription details, please see page 4.

## Contact Us

For enquiries, please contact us: Mon – Sat 9.00 a.m. to 4.30 p.m.; Ph.: (0651) 6655 555; or email: [helpdesk@yssi.org](mailto:helpdesk@yssi.org)



— ENROLLING FOR THE YSS LESSONS —

Following the precedent set by Paramahansa Yogananda, the *Yogoda Satsanga Lessons* are not available to the general public; they are offered by Yogoda Satsanga Society of India in trust and confidence exclusively to those who are sincere in their wish to study and practise, and who commit to honouring the confidentiality of this spiritual instruction.

**Please note:** If you have applied online, please also send the original copy of the Yogoda Satsanga Lessons Pledge, bearing your *handwritten signature*, by postal mail as soon as possible. There is a personal element involved in receiving the sacred instruction and guidance imparted by a God-realized guru. By signing the pledge and mailing it to us, you are acknowledging that spiritual connection.

## Lessons Pledge

*"I wish to study the teachings and to learn the nonsectarian principles and techniques of meditation for God-communion taught by Yogoda Satsanga Society of India.*

*"I am undertaking this study in a spirit of deepest sincerity. I realize that in order to progress spiritually on the Yogoda Satsanga path I should study the Lessons faithfully and practise the techniques attentively and regularly.*

*"To help preserve these sacred teachings in their pure form, and to prevent philosophical misinterpretations and incorrect practice of the techniques by persons who have not been adequately instructed, I promise to keep these Lessons solely for my own private use. I will refer interested persons to Yogoda Satsanga Society of India, Ranchi, that they may receive the complete teachings, and benefit from the direct spiritual link with the society founded by Sri Sri Paramahansa Yogananda."*

(You may, of course, discuss the general philosophy of Yogoda Satsanga Society of India with others, but the *Lessons* themselves, and the techniques, are for your personal use only.)

\_\_\_\_\_  
(Signature)\*

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of parent or guardian)\*

\_\_\_\_\_  
(Relationship to subscriber)

\* Your signature is compulsory. If you are under 18 years of age please have your parent or guardian sign, indicating approval for you to study the *Lessons*.

*In signing this pledge I confirm I am applying for the YSS Lessons using my true legal name.*

### SUBSCRIPTION DETAILS

(Rates listed below are applicable only in India)

#### Yogoda Satsanga Lessons

18 Lessons sent by **Special Post/Courier**<sup>†</sup> ₹ 1000... \_\_\_\_\_

or

18 Lessons sent by Ordinary Post<sup>‡</sup> ₹ 600<sup>‡</sup> ... \_\_\_\_\_

Companionate Study Within the Same Household ₹ 300 ... \_\_\_\_\_

Companionate students should also send a separate Application Form

Original *Lessons* student's name \_\_\_\_\_

Lessons Reg. No. of Original Student 

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Relation of companionate student to original student \_\_\_\_\_

#### DONATION

To help in subsidizing these *Lessons* and to further the spiritual and charitable activities of YSS.

PAN/Aadhaar No. (Mandatory as per Income Tax Act) \_\_\_\_\_

#### Yogoda Satsanga Magazine

##### Special Post

**1 Year**  ₹ 120 \_\_\_\_\_

**2 Years**  ₹ 240 \_\_\_\_\_

**3 Years**  ₹ 360 \_\_\_\_\_

Language  English  Hindi  Bengali **TOTAL AMOUNT ₹** \_\_\_\_\_

<sup>†</sup> On the basis of past experience, we encourage you to opt for special postage for timely and assured delivery of *Lessons/Magazine*. You will also be able to track them. In case they come back undelivered, they will be sent to you again free of cost.

<sup>‡</sup> We are unable to track packages sent by Ordinary Post. If the *Lessons* are lost/damaged/undelivered, YSS will not be responsible. Lost *Lessons* in transit/damaged/undelivered will be sent again on request against payment.

⊕ If you are finding it difficult to pay for these *Lessons*, please contact us.

Payment can be made by UPI or by Cheque, Demand Draft or Indian Postal Order payable at Ranchi, in favour of **YOGODA SATSANGA SOCIETY OF INDIA**. Please send the completed Application Form and the remittance to **Yogoda Satsanga Society of India, Paramahansa Yogananda Path, Ranchi 834 001, Jharkhand.**

#### Details of Payment

Kindly fill the details

**Paid through:**

Cash

UPI

Date: \_\_\_\_\_

UPI ID: \_\_\_\_\_

Cheque/D.D./I.P.O

No. \_\_\_\_\_

Bank \_\_\_\_\_



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SCAN & PAY WITH ANY UPI APP