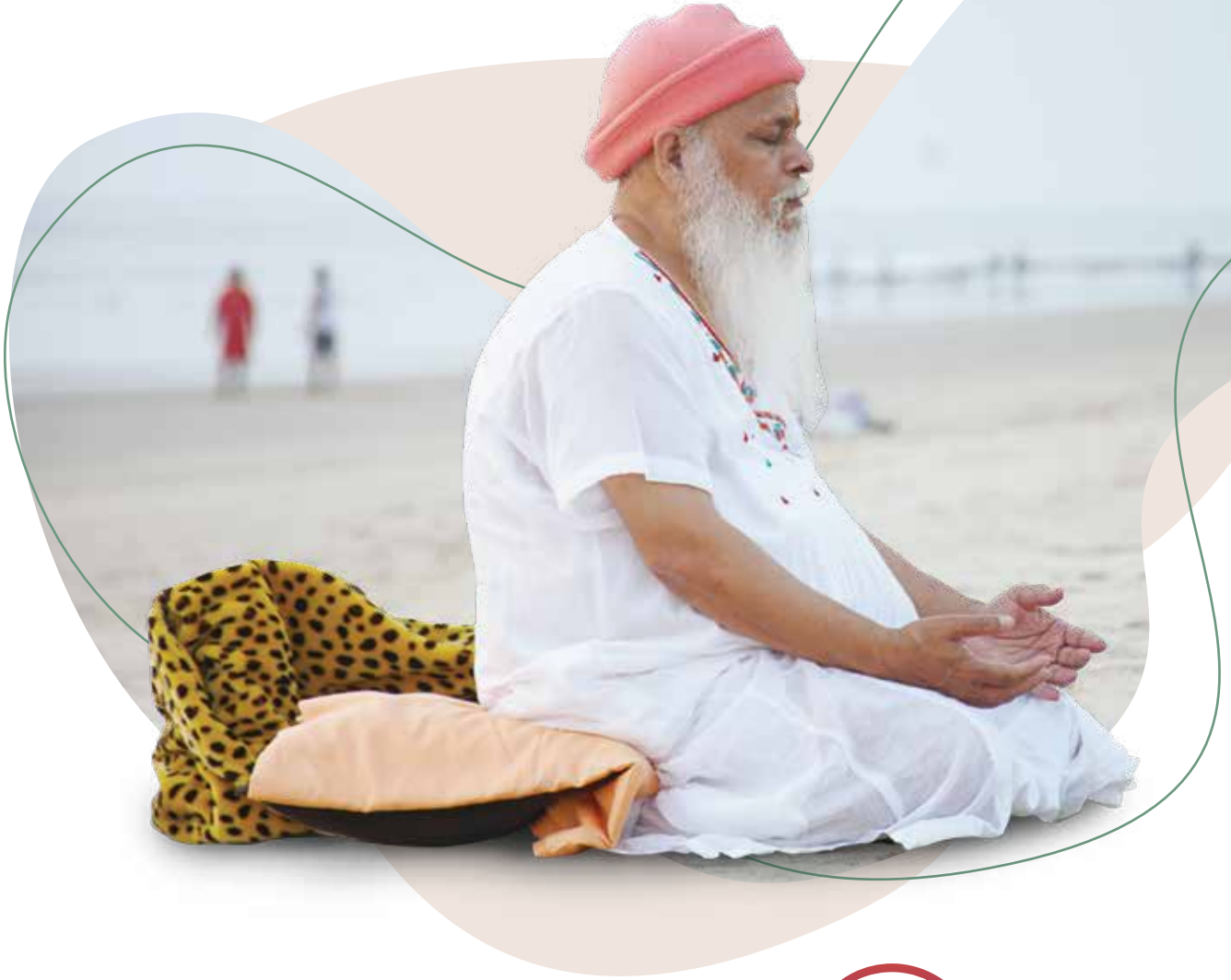


Gurutattva

An initiative by Shree Shivkrupanand Swami Foundation



Gahan Dhyan Anushthan



45 EXUBERANT DAYS OF DIVINE SADHNA

From 25th January to 11th March 2021

Gahan Dhyan Anushthan is a divine 45-day carnival to explore inner-self in the proximity of Swamiji's subtle body. During these days, Swamiji isolates himself in his Kutir and goes into a deep meditative state to absorb the energies from universal consciousness and channelize it into 'Shree Mangal Murti'.

Gahan Dhyan Anushthan is a golden period for a Sadhak to progress on a spiritual path with the powerful collectivity of positive souls. During these days, Sadhaks can stay at the Ashrams and do their Sadhna in a blissful environment.

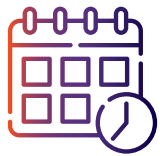
Gahan Dhyan Anushtan Activities:

- Programs for inner-Peace and connecting with nature.
- An intensive training program of 15 days to become a Prachaar Trainer/Adviser.
- Guru Katha to discover the true form of Guru.
- Guru Tattva Sabha for deep learning of Himalayan Meditation.
- Morning and evening meditation.
- Daily Pranayam and Yoga practice to train your body for intense meditation sessions.
- Creative activities to awake the child within us.
- Experience sharing sessions to get inspiration and insights to improve our relationship, health and spiritual state.
- Group Cultural Activities to express spirituality through Dance, Acts and Singing.
- Celebrating Vasudhaiva Kutumbakam Program on Poornima to unite our hearts and rise together.
- Feasting on traditional cuisine from different cultures of India.



Residence Facilities:

- Pavillion with attached toilet & bathroom for 1 Person (Ekant)
- Pavillion with attached toilet & bathroom for 2 People
- Pavillion with attached toilet & bathrooms for 4 People
- Pavillion with attached toilet & bathrooms for 10 People



Mark your Calendar:

Anushthan Duration:

45 Days starting from
25th January to 11th March 2021

Due to Covid situation,
participants will have to arrive a week early i.e on
18th January and leave the Ashram on 15th March 2021.

Due to Covid-19 situation,
follow these instructions at the time of arrival:



Bring your
Health Card.



Go through
the scanning
of luggage.



Do not bring
Intoxicating substances.
They are strictly prohibited.



Keep your
Identity proofs
with you.

1. In case if you are medically unfit,
you may have to leave the Facility.
2. In case of social disturbance or ill health,
participants may have to leave the Ashram.
3. Participants are solely responsible for their own health.



How to Register?



Simple online registration:

- Visit www.gurutattva.org
- Click on the Karyakram Menu
- Click on Gahan Dhyan Anushthan
- Click on Register and fill in all the details.

Offline registration:

For offline registration, contact your local / zonal Acharya and book your spot.

For further details, contact:
Guru Tattva **Helpline: +91 7666 02 5555**
Or write to us: support@gurutattva.org

Terms for Registration:

1. Registration for Anushthan is on a first come first serve basis.
2. Limited no. of Pavilions are available.
Participants are advised to register as early as possible.
3. Placement is not guaranteed after all the Pavillions are booked.
4. In case if your application gets rejected, all the money sent shall be refunded to your bank account.

Things to pack for Gahan Dhyan Anushthan:

- 4 comfortable pairs of clothes for the daily meditation practice.
- 3 pairs of clothes for the event.
- 4 pairs of clothes for routine activities.
- Sweaters, Shawls and Socks and any other winter wear that you might require.
- Prescribed medicines if any.
- Towels and any toiletries of your choice.
- ID Proofs
- Medical Certificate.

