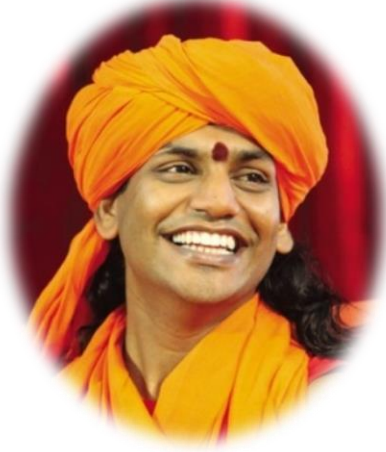


NITHYANANDA DHYANAPEETAM

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***NITHYANANDA SANNYAS  
TRAINING INSTITUTE WARMLY  
WELCOMES YOU !***

***LIVING PRINCIPLES***

Awakening the four powers thru *Guruvak*

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Fulfilling the word of the Master is life. This is the rare privilege of having a life free of confusion as every step is guided by the highest intelligence – the space of a living incarnation.

## Living in the 4 *tattvas*

Living in 4 the *tattvas* of

- integrity
- authenticity
- responsibility and
- enriching oneself and others

A sannyasi has no individual identity; he is an embodiment and living example of living the 4 *tattvas*.



## 5vows of *Sannyas*

### 1) **Satya - Being truthful**

Be truthful and transparent, especially to the Master so that you can easily go through the transformation in your spiritual journey.

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## 2) **Asteya – Non-stealing**

This for a sannyasi is first not taking other's things even by mistake and taking if needed only after asking. It also means you can go to the next level of giving whatever you have (other than what the guru has initiated you) to whoever asks for it or expresses his desire for it.

## 3) **Aparigraha**

Living with minimal possessions. This is a beautiful unique space which only a sannyasi of the Nithyananda order gets – every personal item used by you is personally blessed by the Master!

## 4) **Ahimsa**

Non-violence in thought, word and deed. A sannyasi lives by the truth of 'Abhayam sarva bhootebhyo' – 'No fear for any being from me'!

## 5) **Brahmacharya**

Celibacy in thought, word and deed. The whole energy shift towards the higher energy, the seed of sannyas, is in this powerful vow that simply shifts one from the human plane to the divine plane, awakens the kundalini energy – the latent potential energy. In the presence of a living incarnation, this simply happens as long as one has the true will and pure desire to live it combined with the great support of the grace of the Master.

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## *DAILY BLISSFUL LIFESTYLE*

The powerful lifestyle that a sannyasi should follow to achieve his or her peak possibility

Before 3.45 am\* – Enema – cleaning the bowels

4.00 am – 5.00 am\*\* – Yoga for yogic body

5.00 am – 6.00 am – Personal hygiene time

6.00 am – 7.00 am – *Pada pooja* - Connect with the guru and build a deep feeling connection to melt in devotion and express your gratitude by offering puja at the divine lotus feet of the guru.

7.00 am – 8.00 am – *Upanishad* - Building Vedic mind

9.30 am – *Karma Yoga* – a space to practically live and radiate the space of sannyas, living and breathing the four *tattvas* and 5 vows of sannyas in thought, word and deed.

9.00pm – doing completion and having *kadukai podi* (*haritakki*) before retiring for the day

*\*Waking up and being awake during the brahma muhurta (a and half hours before sunrise) is very essential for a sannyasi as it directly helps in destroying the unconscious patterns which are most active in this time of the day*

*\*\* Every Monday no yoga, instead RUDHRABHISHEKAM will happen at 5.00am at the Vaidyasarovar.*

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## Contact Information

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## *Do's*

- ✓ *Can go the temple, banyan tree at the permitted times*
- ✓ *Do the morning akkada*
- ✓ *Be in integrity with time for the daily lifestyle*
- ✓ *Food can be taken from the respective dining area like ashramites' dining, restaurant, etc.*
- ✓ *Place of stay will be informed at the time of arrival and any changes will also be updated*
- ✓ *Be in your department or inform the incharge where you will be when going somewhere if required to be contacted*

## *Don'ts*

- ☒ *Do not enter restricted areas like Anandapuri, gurukul, etc unless called*
- ☒ *Do not enter the meeting where you are not called for*
- ☒ *Do not gossip*

*If you don't have enema can or completion mirror you can collect from housekeeping after approval from Sannyas Training Institute.*