



**ଜୟଗୁରୁ**  
**ନୀଳାଚଳ ସାରସ୍ୱତ ସଂଘ, ପୁରୀ**  
**ଆମେରିକା ସାରସ୍ୱତ ସଂଘ**  
**୭୭୭ ଡମ ଅଧିବେଶନର କାର୍ଯ୍ୟସୂଚୀ**

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ତାରିଖ: ୭-୪-୨୧ ସମୟ: ୭:୧୫-୧୧:୪୫

ପାଳିଆ: ଅଦିତି, ଚିନ୍ମୟା ମା', ସୁକନ୍ୟା ମା'

<b>7-3-21(ET)</b>		<b>ଅଧିବାସ (ସନ୍ଧ୍ୟା ୭:୦୦ ରୁ ୮:୦୦)</b>
19:00 - 20:00		ସ୍ତୋତ୍ର ବନ୍ଦନା, ପୁସ୍ତକ ପାଠ, ବିଦାୟ ପ୍ରାର୍ଥନା, ଜୟଗୁରୁ ନାମ କୀର୍ତ୍ତନ, ପ୍ରଣାମ ଓ ଆସନ ବନ୍ଦ
<b>7-4-21(ET)</b>		<b>ପ୍ରଥମ ଅଧିବେଶନ (ସକାଳ ୦୭:୧୫ ରୁ ୦୮:୪୫)</b>
07:15	Udita Maa, Amrita Maa	ପ୍ରତିଷ୍ଠା
07:30	Sanujit Bhai	ଆରତି
07:45	Smita Ray Maa	ବନ୍ଦନା (ବନ୍ଦନା ଗୁରୁଚରଣ), ସ୍ତୋତ୍ର ବନ୍ଦନା
08:15	Gyan Bhai	ପରିଚୟ ପତ୍ର ପାଠ, କରୋନା ମହାମାରୀରୁ ରକ୍ଷା ପାଇଁ ପ୍ରାର୍ଥନା, ସମ୍ମିଳନୀ ପ୍ରାର୍ଥନା ଓ ଆସନ ମନ୍ଦିରରେ ନିତ୍ୟସେବା ପୂଜା ପାଇଁ ପ୍ରାର୍ଥନା
08:20	Sonia Maa	ସଂଘସେବକ ଅଷ୍ଟବିଂଶ ଭାଗ, ପ୍ରଥମ ସଂଖ୍ୟା (ବନ୍ଦନା, ପ୍ରାର୍ଥନା ଓ ପ୍ରାର୍ଥନାକାରୀଙ୍କ ପ୍ରତି)
08:40	Kalpna Maa	ଶ୍ରୀ ଶ୍ରୀ ଗୁରୁଗୀତା (ଶ୍ଳୋକ - ୪୭)
08:42	Chinmayee Maa	ବାଲ୍ୟ ଭୋଗ ଓ ପରପୂଜା ପାଇଁ ନିମନ୍ତ୍ରଣ
08:43		ଜୟଗୁରୁ ନାମ କୀର୍ତ୍ତନ ଓ ଆସନ ବନ୍ଦ
<b>7-4-21(ET)</b>		<b>Second Session (09:45 AM – 11:45 AM)</b>
09:45	Pooja Maa, Anjali Maa	Aabaahana
10:00		PraNaama Gaana and Opening of the Curtain
10:02	Arpita Maa	Bandanaa
10:07	Banalata Maa	Parichaya Patra Paatha
10:15	Sukanya Maa	Biswapati PraNaama
10:20	Lipsita Maa	Nigama Upadesha (Page - 81-82, Vastness of The Hindu Religion)
10:25	Aru Maa	Minutes of the Last Session
10:27	Sasmita Maa	Pancha Sanyaasinee Shishyaa (Page 21-24)
10:35	Leena Maa	Praarthanaa Sangeeta
10:40	Pallavi Maa	SansaarPathe - Part 1
10:50	Gyan Bhai	Q.A. Session
11:00	Pratyusha	Y.A. Praarthanaa Sangeeta
11:05	Barada Bhai	Y.A. Session
11:35	Aditi, Sukanya Maa, Chinmayee Maa	Bhaaba Binimaya Invitation for Madhyaahna Bhoga and Evening Puja
11:37	Adyasha, Biswajit B. Bhai, Sanujit Bhai	Invitation for Next Sangha Puja (7-11-21)
11:38	Sukanya Maa	Praying for forgiveness
11:39	Smita Bai Maa	Bidaaya Praarthanaa
11:43		Jayaguru Naama Keertana, PraNaama and Closing of Aasana
11:45	Gyan Bhai	Attendance

**Chapter 18 (continued)**

The impact of lust in a person's life is not insignificant. One who indulged in lust even once, cannot relinquish it easily. However, lust cannot do any harm if one abhors it. Almost every human being when takes birth in this world brings with him the tendencies of his senses from past lives. Performing spiritual practices and chanting God's name will result in aversion toward copulation and lust will not be a hindrance in life after death. It is natural that extensive enjoyment of senses causes various illnesses. It also has a strong correlation with asthma. Therefore, one must observe as much self-restraint as possible in order to maintain a healthy life. In addition, there is a need for use of medicines and diets to help preserve semen[1].

Inner desires will always try to disperse through your senses and, so, you will have to fight them all your life. If you let yourself be overcome by desires and then plead for survival, no one can rescue you. Also, if you wish to be good and self-restrained, no one can stop you.

Semen is contained in the blood. Just as the way butter comes out when milk is churned, during copulation blood gets agitated and its essential part materializes as semen and flows to the brain. Afterward, this semen travels through the *pingalā nāḍī* and gets stored in the scrotum. Finally, it comes out of the body through the reproductive organ. The yogis can stop the downward flow of semen by performing *yoni-mudrā*. Nevertheless, it cannot be combined with blood again. Rather, it gets wasted by some means or the other. Still, stopping this downward flow of semen results in maintaining the virility and preventing its release through natural means in future. The yogis can also draw in the scattered semen into the body like a syringe.

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[1] A detailed description of how to preserve semen is provided in the *Siddhi-Yoga* part of *Samsāra Pathe*.