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**Sri Aurobindo Ashram (Delhi Branch) Trust Society**  
Sri Aurobindo Marg, New Delhi-110016

Dear Friend,

Sri Aurobindo Ashram (Delhi Branch) is pleased to bring you the following programs this week:

**CLASS BY DR. APARNA ROY**

**TOPIC:** सूर्यलोकित पथ (SUNLIT PATH)

**Tuesday, 14 January 2025, 5.30 pm**

Duration: 1 hour

Mode / Venue : Online Only

**CLASSES BY SHRI PRASHANT KHANNA**

**TOPIC:** ON SPIRITUAL NOURISHMENT

**Tuesday, 14 January 2025, 11.30 am**

**TOPIC:** SAVITRI- Suspended for the present

**Thursday, 16 January 2025, 11:30 am**

## **TOPIC: THE MESSAGE OF THE GITA**

**Friday, 17 January 2025, 11.30 am**

**Duration:** 1 hour

**Mode :** [Online + Physical Class]

**Venue:** SAAM (Room 005), near Ashram Library

## **SUNDAY SATSANG**

**Sunday, 19 January 2025, 10.00 am**

## **TOPIC: THE SOUL AND ITS LIBERATION**

(Based on Sri Aurobindo's THE SYNTHESIS OF YOGA; Part 2, Chapter 18)

*Before the talk, and after it, Dr. Mithu Pal, will make an offering of devotional music.*

**Speaker:** Dr. Mankul Goyal

**Venue:** Meditation Hall

## **NOTICES**

### **NOTICE 1:**

**Daily meditation from 7 pm to 7:30 pm (Monday to Saturday)**

**Venue:** Meditation Hall

### **NOTICE 2:**

Sri Aurobindo Ashram - Delhi branch has published few podcasts in Tara didi's voice. This is for meditation and to get immersed into Higher Consciousness.

### **Podcast - 1:**

Name: 'Golden Bridge'

Purpose: 'Golden Bridge' is a series that will help seekers of The Mother and Sri Aurobindo to immerse themselves in Wideness, Depth, Heights, Beauty, Harmony and Power through the four main aspects of The Divine Mother, as revealed in 'Savitri' in the voice of Tara Jauhar.

Podcast Link: <https://open.spotify.com/show/2OhiMf40jwZMKC3EI5IIwI>

### **Podcast - 2:**

Name: 'Golden Gleanings'

Purpose: 'Golden Gleanings' is a series of poems on the works of The Mother and Sri Aurobindo in the voice of Tara Jauhar.

Podcast Link: <https://open.spotify.com/show/5N73e6wTEuAy6R5iQMMLVT>

### **Podcast - 3:**

Name: 'Prayers and Meditation'

Purpose: 'Prayers and Meditation' comprises extracts from a diary written by The Mother during years of intensive yogic discipline. It may serve as a spiritual guide to three principal categories of seekers: those who have undertaken self-mastery, those who want to find the road leading to the Divine, and those who aspire to consecrate themselves more and more to the Divine Work. This podcast is an offering in the voice of Tara Jauhar.

Podcast Link: <https://open.spotify.com/show/4vGhLheIOTH709Uw6m2K0D>

### **Podcast - 4:**

Name: 'Golden Words'

Purpose: 'Golden Words' is a series that will help seekers of The Mother and Sri Aurobindo to immerse themselves in readings on the masters' work in the voice of Tara Jauhar.

Podcast Link: <https://open.spotify.com/show/4ctpsjRgYJ9vatbYaf6nJ9>

In the service of The Mother,  
The Ashram Family