

The Vedanta Society of St. Louis

Swami Chetanananda – Minister and Spiritual Teacher

Swami Shivarchanananda – Assistant Minister

RAMAKRISHNA ORDER OF INDIA

March, 2023

We welcome in person attendance, but encourage vaccinations, boosters and wearing masks as covid is still present. If you have any cold, flu, or covid-like symptoms we would ask that you watch from home on YouTube.

Lectures are live streamed Sundays on our YouTube channel at 10:35 a.m. Q&A sessions are suspended until Swami Chetanananda returns from his trip to India on March 11.

Sunday Services 10:35 a.m.

- March 5 Avatara and Universal Religion (*Special Service*)
Swami Shivarchanananda
- 12 Glimpses of Swami Ramakrishnananda
Swami Nishpapananda
- 19 Significance of Ramakrishna's Words
Swami Chetanananda
- 26 Strengthening the Will Power
Swami Shivarchanananda

Classes (by Swami Shivarchanananda) 8:00 p.m.

- Tuesdays Bhakti Sutras of Narada
- Thursdays In the Company of Holy Mother

Appointments for phone interviews should be made with the Swami in advance at 314-721-5118.

Membership in the Society is open to all who accept Vedantic teachings.

We maintain a bookstore, and an online bookstore is available at www.vedantastl.org.

Sunday lectures are on YouTube at VedantaSTL.

ALL ARE WELCOME

A Regulated Life

One should follow a routine in one's spiritual practices. Steadfast devotion is extremely important. Without it, no one can be successful in any work. You must have such steadfastness that wherever you are place you feel compelled to observe your routine. Make a routine of everything. "I shall meditate so long, repeat my mantram so many times, study for so much time, and sleep so many hours." With an irregular life you cannot be successful in any work. A regulated life is the only means of physical and mental development. When a watch starts losing time, one regulates it. Then it gives the correct time. Similarly with the mind. For various reasons the mind becomes unsettled, but one can regulate it in holy company and give it a fresh start. One can avoid many troubles and obstacles if one tries to follow implicitly the instructions of holy people. By assimilating their teachings into one's life, one inherits the spiritual treasure they possess, and thus one becomes blessed.

—Swami Brahmananda in **A Guide to Spiritual Life**, pp. 90-91