

SAIYAM BHAAV UPDHAN

UPASAKS INFORMATION ADVISORY

11-Day Sadhana | Paramdham Sadhana Sankul, Mumbai-Nashik Highway

The 11-day Updhan Sadhana is an opportunity to step away from worldly distractions, practise spiritual discipline, and connect with the true nature of the soul.

All **Upasaks** are requested to read and sincerely follow the guidelines below.

1. SADHANA ROUTINE

During the 11-day Updhan Sadhana, Upasaks will follow a carefully designed spiritual routine comprising:

- Early Morning Pratikraman
- Prabhu Vandana
- Mantra Sadhana
- Dhyana Sadhana (Meditation)
- Swadhyay (Study of Scriptures)
- Discourse by Param Gurudev
- Discourse by Param Mahasatiji
- Self-Introspection
- Saiyam Jeevan kriyas
- Evening Pratikraman Sadhana
- Prabhu Bhakti

2. ESSENTIAL RULES & DISCIPLINE

A. Inner Focus and Spiritual Practice

For all 11 days, Upasaks are requested to maintain focus by avoiding worldly discussions relating to home, work, school, college, and other external responsibilities. This period is dedicated to introspection, spiritual discipline, and connecting with one's inner self.

B. A Sadhak Lifestyle

Upasaks are requested to observe the practice of not bathing throughout the 11-day Sadhana. This practice is intended to encourage abhaya towards countless water-bodied living beings.

C. Simplicity, Detachment & Dress Code

- Wear decent, modest white clothing throughout the Sadhana.
- Observe simplicity by refraining from shaving and wearing any kind of jewellery.
- Avoid using mirrors during the 11 days.

These practices encourage detachment from external appearance and a deeper connection with the soul.

D. Walking as a Practice of Ahimsa

With the intention of minimising Jeev Hinsa, Upasaks are requested to travel on foot throughout the 11-day Sadhana. Upasaks are requested to walk between their accommodation, Sadhana venue, Pravachan Hall, Bhojnalaya, and all other designated locations.

E. Chovihar & Boiled Water

- **Chovihar:** Complete intake of both food and water before sunset each day. No food or water should be consumed from sunset until sunrise the following morning.
- **Boiled Water:** Consume boiled water throughout the 11-day Sadhana.

F. Observance of Maun (Silence)

Upasaks are requested to observe complete silence (Maun) during the Sadhana and maintain silence by limiting communication to what is essential.

G. Mobile Phone Restrictions

Upasaks are requested to keep their mobile phones switched off throughout the entire 11-day Sadhana. An emergency contact number will be provided so that family members can reach the organisers in case of an emergency.

3. IMPORTANT DATES & REPORTING INSTRUCTIONS

For Out of Mumbai Aradhaks

- **Reporting deadline:** 28 November 2026
- **Venue:** Paramdham Sadhana Sankul, Mumbai-Nashik Highway, Valkas
- Travel arrangements from Paramdham to the venue of the Shree Bhagwati Jain Diksha Mahotsav will be made on the morning of 29 November 2026..
- After the event, Aradhaks will return to Paramdham.

For Mumbai Aradhaks

- **Reporting deadline:** 29 November 2026, by 7:00 PM
- **Venue:** Paramdham Sadhana Sankul, Mumbai-Nashik Highway, Valkas

4. WHAT TO BRING & ARRANGEMENTS

Upasaks are requested to carry:

- White clothes required for the 11-day Sadhana.
- White winter wear, such as white shawls or white sweaters, as the weather at Paramdham may be cold during this period.
- Essential medicines, if required.

Arrangements Provided by Paramdham

The following arrangements will be taken care of by Paramdham:

- Accommodation
- Food
- Bedding

Floor bedding will be provided to all Upasaks. Those with health-related concerns may request a bed in advance, subject to prior approval.

Upasaks are requested to follow the prescribed schedule and discipline sincerely to experience the simplicity, purity, and spiritual depth of a Sadhak's life.

5. MOKSHMALA — 9 DECEMBER 2026

Mokshmala will be held on 9 December 2026. Upasaks are welcome to invite their family members to attend this auspicious occasion. Please note that accommodation will not be provided for family members. They are welcome to attend the Mokshmala ceremony.

6. QUERIES & ASSISTANCE

For any queries or further information, please contact the organisers via WhatsApp:

+91 7303000555



PARAMDHAM

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