

SRI SATHYA SAI CENTRAL COUNCIL OF SOUTH AFRICA
National Spiritual Wing

SPIRITUAL 4 – SADHANA RECOMMENDATIONS FOR DEVOTEES:

The Pilgrimage to Parthi, an invitation by our Divine Mother, is indeed a spiritual journey. Our preparation for this event is central to enjoying the blessings and grace of Mother Sai. This programme of 12 days (23 Sep to 4 Oct) is a wonderful opportunity to bask in Bhagawan's Darshan and other spiritual programmes in Parthi.

Added to this, an opportunity to present a programme is subject to His Divine approval. Therefore, it is of paramount important that we, as South Africans, show UNITY, LOVE, COOPERATION, OBSERVANCE OF ASHRAM RULES and UNDERSTANDING.

Our preparation may well begin at home (in SA) to coincide with the daily activities at Parti. This would involve:

*****THESE ARE GUIDELINES AND SHOULD NOT BE ENFORCED*****

Sadhana or Spiritual Discipline should be a JOYFUL and LOVED experience

INDIVIDUAL PREPARATION:

1. DAILY MEDITATION AND PRAYER (*according to one's own religious practice*).
 - 1.1 Early rising and morning meditation (at least 5 minutes) or anytime
 - 1.2 Daily prayers (could include Aumkaar, Suprabhatam, Gayatri Mantra & Sai Gayatri)
2. SRI RUDRAM AND PURUSHA SUKTAM:
 - 2.1 A daily attempt at listening to an d trying to chant part or all of the Sri Rudram and Purusha Suktam as these vedic hymns are chanted twice daily at Parti (*at 8am & 4pm*).
 - 2.2 Go to <http://www.srisathyasai.org.in/> and click on Rudram Tutor
3. BHAJAN:
 - 3.1 Daily bhajan singing alone or with members of the family (about 5 min or more)
 - 3.2 This will certainly help with your chousing of most bhajans during the two bhajan sessions at 9am and 5pm and Nagarsankirtan (*group bhajan singing while walking around Bhagawan's residence and temple*) at around 6am
 - 3.3 Attend group devotional singing (*at least once per month*) organised by the Organization (usually on Thursdays).
4. SAI LITERATURE:
 - 4.1 Read Sai Literature daily (even if it is just a paragraph) and try to absorb what you read
 - 4.2 Attend weekly Study Circle organised by your centre
5. SPEECH: SILENCE AND SOFT SPEAKING:
 - 5.1 Try to cultivate soft speaking instead of harsh tones in your speech. Become aware of it
 - 5.2 Avoid gossiping, back-biting and scandalising
 - 5.3 Try not to lose control especially when you are getting impatient and angry
 - 5.4 Observe some **daily silence** (between 30 min and an hour). Make a sincere effort at this.
 - 5.5 Talk softly even at our monthly or bi-monthly sadhana meetings (avoid loud chatter)
6. SITTING:
 - 6.1 Practice sitting on the floor as often as possible (it will assist when you have to sit about 4 to 5 hours per day in the Sai Kulwant Hall) i.e. in Sukhasan (cross legged) position
7. DARSHAN
 - 7.1 The purpose and greatest gift of this pilgrimage is Bhagawan's Darshan (viewing of Him).
 - 7.2 Take every opportunity to have His Darshan - this is the essence of the Pilgrimage

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8. SPIRITUAL TALKS AT THE ASHRAM:

8.1 Try to attend the daily talks given at the ashram near the Books Store.

9. DISCIPLINE (REGULARITY):

9.1 The secret to successful sadhana (spiritual practice) is **regularity**

9.2 Take one aspect of spiritual discipline/positive value and adhere to it with tenacity (silence, truthfulness, chanting, food prayer, meditation, etc). Practice is **REGULARLY**

9.3 When you feel this aspect has now **become a part of your life**, include another

9.4 Offer your negative qualities to Bhagawan

9.5 One can also set minor **MONTHLY** targets for spiritual achievement

9.6 Personal Time for reflection - make time for yourself each day i.e. an audit. This can help for the moments after Bhagawan's Darshan - to absorb the His energy fully

GROUP PREPARATION:

1. ORIENTATION BEFORE THE PILGRIMAGE:

- An orientation programme will be organised discussing “Sadhana guidelines, Prashanti disciplines, rules and other logistics”
- It will be necessary for all pilgrims to attend this programme when it is held in your regions

2. MONTHLY/BI MONTHLY SADHANA MEETING:

- On a regional coordinating level, pilgrims would be invited to monthly or bi-monthly sadhana meeting as a group preparation for the pilgrimage (before the pilgrimage)
- This will be to assist with each person’s spiritual progress (refer to above) and also become familiar with your group, with proceedings at Parthi, and to help team leaders to coordinate our large groups better.

3. TEAM WORK AND TEAM SPIRIT:

- Stay as a united group & observe the rules of the group
- For this, let us shed our egos' by focusing on Bhagawan
- The group leaders would expect full cooperation
- Such teamwork and team spirit would begin at our centres during our centre, regional and national activities.

4. DRESS:

- White is preferred for men. Long pants
- Females to be covered decently – especially shoulders

5. NEWCOMERS AND CHILDREN OF NON-SAI DEVOTEES:

- Spiritual convenors at centres/groups to orientate and assist newcomers and **ALL** children (of devotees and non-Sai devotees) in their Sadhana, using the above guidelines
- All first time visitors to the ashram must attend the orientation programme given at the ashram

6. GROUP SPIRITUAL GATHERINGS AT THE ASHRAM:

- Regular (if not daily) meetings for all pilgrims could take place at the ashram
- Bhajan singing, logistics and other housekeeping issues would be attended to

REMEMBER:

There is only one purpose in life - to realise one's Divinity.

(God if you think of...God you are, Dust if you think of...dust you are).

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This whole experience (before the pilgrimage, during and after) should increase the LOVE flow towards others and increase devotion to God. This would be the measurement of the success of SA PILGRIMAGE 2010

AS SOUTH AFRICANS AND CITIZENS OF THE WORLD
COMMUNITY, WE MAKE THIS OUR LOVE OFFERING

Let all of us (*even if we are not going on the Pilgrimage*)
continue to intensify our spiritual practices, transform ourselves,
and strengthen our one-to-one relationship with Bhagawan

Begin an earnest personal daily offering of “collective sadhana”
to assist us all to Unite in His Love and unconditionally offer
ourselves to HIM.

COLLECTIVELY, LET US ENGAGE IN.....

- **Chanting 21 Gayatri (morning 6 am)**
- **Chanting 21 Sai Gayatri (evening 6 pm)**
- **Silent Sitting / meditation (10 minutes daily)**

STARTING DATE: 01 MAY 2010

A Love Offering by South Africans - Cultural/Music Program

The purpose of the program is to present an offering to our beloved Swami as a symbol of our love and gratitude. Let us ALL pray that Bhagawan allows us to express our love for Him in this manner but be prepared to accept HIS Will, whatever it may be!

Could ALL South African devotees kindly join in though your prayers even if you are not physically going for the pilgrimage because this production is a love offering from the WHOLE of South Africa

(A story to illustrate the point: At the 2007 World Youth Conference, Swami asked an Argentinean youth: "How many have come from Argentina?" She replied: "ALL have come in their hearts Swami". Bhagawan responded: "Very happy")