

**SPIRITUAL 5 - GROUP PREPARATION AND**  
**ORIENTATION FOR SA PILGRIMAGE 2010:**

**1. Group Expectations: Everyone Must:**

- 1.1. *Have faith with no expectations!*
- 1.2. *Be united and have Swami as focus*
- 1.3. *Adhere to the discipline of the group*
- 1.4. *Participate in all the group [spiritual practice](#) unity-building activities (before & during the pilgrimage)*
- 1.5. *Participate in [service](#) opportunities, where applicable*
- 1.6. *Be with the group in Prashanthi Nilayam for the ENTIRE trip*
- 1.7. *Attend Pilgrimage preparation and sadhana meetings organised in your local area*
- 1.8. *Make sure the passport and visa status is valid for travel dates*
- 1.9. *Attend all training sessions as determined by the production team, if you are part of the programme (presentation) offered to Bhagawan*

As we travel this journey from ‘i to I’, we must constantly remind ourselves of our primary goal — **personal transformation** because of our love for Swami. We have embarked on this journey together. The tests and challenges will continue when we are there in Parthi. But we must not forget the power of prayer! Let us pray to Swami to guide us so that we may work together in harmony to strengthen the purity, unity and divinity in each one of us.

**2. Preparation for Darshan:**

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

- *Chanting 21 Gayatri and/or Sai Gayatri (morning and evening – time optional)*
- *Silent Sitting or meditation (time determined by yourself)*

and to sustain this momentum, until it culminates with Bhagawan’s Darshan during the pilgrimage

Let us remember that His darshan, special seating for darshan, and the opportunity to present the group’s offerings depend on our UNITED PRAYERS.

**Swami says about the ‘Gift of His Darshan’:**

*"Always find a quiet corner after My darshan. My energy goes from Me as I pass you. If you proceed to talk immediately, the energy received by you is dissipated (wasted) and returns to Me, unused. Rest assured that whatever My eyes see become vitalized and transmitted. You are being changed day by day." "Never underestimate what is being accomplished by the act of darshan. My walking among you is a gift, yearned for by the Gods of Highest Heaven, and you are daily receiving this Grace. Be Thankful. But also remember that to whom much is given from him much will be demanded."*

*"Come to me with empty hands. I shall fill them with gifts and grace. If your hands are full, what am I to fill them with? Bring to me all the evil in you and, leaving that here, take from Me what I have, **Love. Learn the capacity to see all as moved and motivated by one Supreme God.** Why fear when I am here? All your sins are forgiven the moment you get my darshan. I shall carry all your burdens. Take as much bliss as you can from Me and leave here all your sorrows."*

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Precious Moments:

*"Use every little experience as a teaching tool. Put out of your mind any belief in chance or accident and know that everything that happens here, down to the smallest thing, is an outpouring of My limitless Love and tailored especially for you. Notice the line you get, the state of your health and body, the way you feel, wash, eat, and look whom you meet and how. Observe especially your reaction to situations. Just as in school, some will be teaching tools, others test to show you are doing. See if you accept the whole experience with calm equanimity."*

*"Center your attention on Me. See the whole atmosphere as a reflection of your inner being. The mandir is your heart. I dwell in it. The ashram is your worldly desires. In the village you are strongly pulled outwards and away from me. In the ashram you have more of a chance, but still it is very easy to be distracted. In the mandir (your heart), you can actually see Me from time to time, but even there it is easy to be only half present and not realize that I love to give."*

*"By my Grace this outer show gives you the means to strengthen the contact with Me in your own heart. Make use of the time. Concentrate every iota of your attention on Me. Open yourself totally whenever you catch even a glimpse of my gown. Be ready to accept an outpouring of My Grace at anytime. What you want, ask for and I will give. But don't expect. Think always of those more deserving than you and know what you receive is an act of Grace and Love. Be open and free from fantasy and projection. Just be Mine and I will be yours. This way you will find happiness and fulfillment."*

*Remember that I am not only in the Sai Baba form here, though that is central, but hidden embodied in everyone who is here. Can you find Me in them, or are you distracted by their outer characteristics and habits? Look deeper, with eyes that love, and yearn for Me. My darshan also available. Honor and learn from the devoted. There are many examples here. Accept My Grace from whatever source it comes. Be Loved and Blessed." --Sri Sathya Sai Baba*

**3. Climate in India:**

The climate in Puttaparthi during Sep to Oct is around 32 ° with light rain.

**4. Accommodation inside the ashram:**

The Registration and Accommodations Office for Overseas Devotees is located in **North-8, A-1**. All overseas devotees seeking accommodation in the ashram must report here on arrival for registration/allotment of accommodation. For the registration process, every overseas devotee must produce a completed registration form and their valid passport, visa and 2 passport photos. Pilgrimage Team members will be available to assist during non-darshan hours between **8am – 8pm**.

Accommodations Office Timings: 6am to 8pm on all days. For devotees who arrive at Prasanthi Nilayam during non-office hours (between 8pm and 6am), temporary accommodations could be provided for a day in the dormitories, as allotted by the Sevalal (volunteers) at the ashram entrance. These devotees are required to report to the Accommodations Office later during office hours and obtain their accommodations receipt in order to extend their stay in the ashram.

If you are arriving before September 23: You can try requesting accommodations by mentioning that you are from the SA group and that your group date starts from Sep 23.

Accommodations will be provided for a minimal fee inside the ashram. All pilgrims will be responsible for paying their own accommodations fee for the duration of their stay within the

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ashram. Families may stay together in a room. Multiple individuals of the same gender may also stay together. Unmarried couples will not be allowed to share a room. The single rooms or dorms (for multiple individuals) provided in the ashram are clean but sparsely furnished, with 2 or more single beds, each with a mattress and pillow. Bring your own sheets and pillow cases. There is also usually a metal table and two chairs. Each room has an attached bathroom, with a western toilet, shower, and sink, with cold running water. These may be placed in a bucket of cold water to heat water. Some bathrooms have “buckets” and “mugs”. If required, immersion heaters are available at the shopping centre inside the ashram.

Because so many devotees are going, there may be 4 or more people to a room to accommodate everyone.

Checking Out: Checkout time is 12 noon. You must vacate the room on the day after the last morning darshan. After locking the room, you must immediately deposit the room key in the Accommodations Office. If you are departing during non-office hours, the key may be dropped in the key box on the office door. Please ensure that the room is left clean and tidy, with all lights & fans switched off and taps, doors, and windows closed before departure.

- If the room keys are misplaced, it must be immediately brought to the notice of the Accommodations Office so they may take necessary action.
- You are responsible for keeping your own room and bathroom clean. Cleaning supplies are available at the shopping centre for purchase. You can hire a cleaning woman to sweep the room and wash the floor for a nominal fee. The cleaning woman should have an ashram Identity Card; don't deal with one that doesn't.
- Please keep all food (cookies, biscuits, milk powder, etc) in tightly sealed containers or zip-lock bags in your room. Ants and other insects are notorious for invading exposed food.
- For any help or guidance, approach the Sevadal (volunteers) (wearing blue/yellow scarves) posted in your building
- Travel lightly, if you are sharing a room or in the dormitory it does not make sense to have a lot of bags, and the dress code for the ashram is simple, may not be necessary to have a different outfit for everyday or every darshan session. Keep it simple.

Safety Precaution in your rooms: Do not store valuables in your room. Keep suitcases locked. Keep room doors locked when not in room.

## **5. Ashram Discipline and Code of Conduct**

- 5.1. Above all else, ashram rules need to be strictly adhered to. Appointed by Swami, the role of volunteers (sevadals) is to help keep order, guide visitors, and enforce the rules/code of conduct expected at the ashram. It is important to never contest Sevadals, who are, after all, performing their duty as per Swami's guidance. Let us respect them by following their instructions to the letter.
- 5.2. Indian customs and social behaviour are commonly observed inside the ashram premises. Men and women are expected not to socialize and visit each other's rooms to indulge in idle talk or gossip inside the ashram and are expected not to engage in physical contact or public expressions of greetings or affection. Socialization between men and women is strongly discouraged, particularly between unmarried individuals. Public displays of affection between men and women are also considered highly inappropriate, whether married or not. The ashram is highly segregated, with separate entrances and seating areas for men and women in the darshan hall and in the canteens. The shopping centre in the ashram is also open at different times for men and women. Women are required to wear a shawl at all times, especially at darshan or if dressed in a sari, the shoulders and front is expected to be covered by the fall of the sari.

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- 5.3. The consumption or possession of tobacco/tobacco products, alcoholic drinks, and non-vegetarian food (including eggs) is prohibited. Gambling inside the premises is forbidden.
- 5.4. Kindly observe silence in all aspects
- 5.5. When it is necessary to speak, please speak softly.
- 5.6. Do not play music loudly. Do not play radios or tape recorders in the residences in a manner that will disturb others.
- 5.7. Loud singing of bhajans by groups or individuals is not permitted in the open or in residential quarters (permission to be sought ashram officials)
- 5.8. Devote your time to spiritual activities and your own spiritual disciplines.
- 5.9. Don't allow any stranger to visit your room/hall, and don't admit others to live there, including the veranda, unless permission has been obtained from the office. Persons staying outside the ashram are not allowed in rooms/halls without authorization.
- 5.10. Please keep the room/hall clean. Cooking therein is not permitted.
- 5.11. Kindly use minimum of electricity and water. Close the taps and switch off lights/fans before leaving.
- 5.12. Please see that no lighted candle or scented sticks are left inside while locking the room.
- 5.13. Security of your personal belongings is your responsibility. Bolt the door from inside when sleeping in the room. If you are the last person leaving, always lock the door when you go out.
- 5.14. Please do not try to open any locked portion of any room.
- 5.15. When you vacate the room/hall, please leave it clean and do not hand over the key to any other person for staying there. Always return the key to the accommodation office.
- 5.16. Do not dry clothes in veranda or in other common places.
- 5.17. Put off all lights by 9:00pm. Please do not move after 'lights-out' time. The ashram gates are also closed at 9:00pm.
- 5.18. Don't pay attention to those who claim close association with Bhagawan or claim to have inner messages or special blessings of Bhagawan.
- 5.19. Don't associate with strangers or encourage them to develop friendship with you by exchanging addresses, etc.
- 5.20. You are not required to pay money to anyone anywhere in the ashram except for services like accommodation and food. Beware of cheats and persons collecting funds.
- 5.21. Please note that donations by foreigners for any purpose, either in cash or in kind, either to individuals or to Organisations (except to specific authorized bodies, such as the Sri Sathya Sai Central Trust, Sri Sathya Sai Medical Trust, Prasanthi Nilayam), are not permitted under the law of the land.
- 5.22. Take care to preserve the cleanliness of the ashram.
- 5.23. Taking photos inside Prasanthi Nilayam is prohibited. Please don't bring cameras, tape recorders, transistors, etc., to the mandir.
- 5.24. Don't rush forward to fall at Bhagawan's feet, and please don't move around and make noise until darshan is over.
- 5.25. Please make use of the canteens, where food is prepared hygienically by devotees for devotees.
- 5.26. Please utilise the services of only the authorised porters, washer people, servants, etc., and pay only the prescribed charges.
- 5.27. Rooms (flats) in Prasanthi Nilayam are not owned by any individual.
- 5.28. The office reserves the right to allot/deny accommodation to any visitor or visitors and to ask any occupant of any room/hall to vacate without assigning any reason whatsoever.

**6. Drinking water**

Although the tap water in the rooms is safe for bathing and brushing teeth, it is recommended that it not be used for drinking. You can buy cold bottled water at various stands in the ashram for minimal cost. You can refill your own bottle from water-filter stations inside the ashram, including the stations available in the 3 canteens (South Indian, North Indian, Western).

**7. Moving Around Within the Ashram**

No autos or rickshaws are available inside the ashram, so some walking is inevitable! The ashram, a self-contained community, has all the possible amenities you might need during your stay. Swami has created all this to protect us, so that we do not feel the need to leave the ashram to roam about in the village.

**8. Shopping:**

A shopping centre inside the ashram sells basic items such as clothing, snacks, basic toiletries, bhajan CDs, DVDS, cleaning supplies, incense, and photos of Swami. Books on Swami are available in a separate book store inside the ashram. The shopping centre is open at different times of the day for men and women.

Women and girls: after morning darshan.

Men and boys: after afternoon darshan. The timings for men and women are switched on Sundays.

Book store: There is a book store located opposite the shopping centre

**9. Making Phone Calls from Parthi**

There is a telephone facility (STD/ISD) within the ashram, with multiple telephone booths, where you can make international calls, as well as calls within India. Although there are phone booths outside the ashram where this facility is provided, it is SIGNIFICANTLY cheaper to call from within the ashram, since this service is available to you at no extra profit-oriented cost!

**10. Internet connections**

Take this 12-day opportunity to keep worldly issues away and to focus inwardly. But if you have to contact someone by email, there are internet stores across the street from the Ganesh gate where you can get on the internet for a reasonable fee

**11. Exchanging Foreign Currency for Rupees:**

There is a Western Union outside the ashram, across from the Ganesh gate. Other banks are within walking distance from the ashram. There is an ATM outside the ashram in the village, where you can use your ATM card to withdraw rupees directly from your bank account. The conversion rate for that day will apply.

**12. Laundry service**

Starting about 7AM, one or two dhobis (laundry service men/women) will be present at the building entrance. You may give them your soiled clothes to be washed and ironed. They are usually returned the next morning at the same time. You pay 3 rupees per item (whether a sock, shirt, towel, or sheet). Dhobis should have identity cards. You won't get a receipt with a number on it for your clothes or anything like that. They just get it right! Consider hand washing your own personal items and drying them in your room.

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**13. Wheelchair Facility**

Devotees in need of wheelchairs may obtain them at North-8, A-10 between 8am & 8pm. The Accommodations Office also allots ground floor rooms to such people on request, **subject to availability**. Wheelchairs are not supposed to be taken outside the ashram premises.

**14. Immunization**

The choice to immunize yourself & your family members is your decision to make, after consulting your doctor. You may contact the Consulate General of India or check websites to obtain information regarding their immunization recommendations.

**15. Flight tickets & Travel**

More details on Flights from the Logistics Team will be provided in due course.

- You could arrange your own but please verify your dates of travel with your travel agent and ensure that you have your tickets well in advance of your travel date.
- Please ensure that you travel with valid passports and visas. Since visa regulations have changed very recently, it's **very important** to read these changes. In December 2009, India introduced a new rule that prevents Tourist visa holders from re-visiting India within 2 months after last leaving. More details are available here: [https://indiavisa.travisaoutsourcing.com/pdf/Tourist\\_Visa\\_FAQ.pdf](https://indiavisa.travisaoutsourcing.com/pdf/Tourist_Visa_FAQ.pdf).
- Please bring appropriate clothing for travel & ensure you have planned for food for yourself and family during travel (particularly during layovers).
- Call your airline & ensure your ticket is confirmed & re-confirmed and that you have communicated your food choice (vegetarian, Asian vegetarian, etc.) to the airline.
- Carry a photocopy of your passport, visa, and two passport size photographs

**16. Transportation in India**

Transportation to Puttaparthi is available by bus, train, flight and taxi. If a large group needs to arrange a reliable bus, contact Website: [www.sathyasaitourist.com](http://www.sathyasaitourist.com). Many devotees find it convenient to fly to Bangalore and take a taxi to Puttaparthi. Arrangements can be made by reserving the taxi prior to your arrival in India. The following taxi companies in Bangalore have been used by many devotees. (Fares for Indica, for example, can range from Rs 1300 without A/C to Rs 1800 with A/C).

- Suleman Taxi Service: 09845-020539                      Sulemantaxis@yahoo.com
- ABS Travel: 08555 287014                              abstours@yahoo.com
- Sai Darshan Travels, 0091:9866-730-633;              saidarshantravels@gmail.com

**17. Coordination and Contact information in India**

- Coordinators: This information will be made available prior to our departure to India.
- Team Leaders: Team leaders will be assigned to region. At the first meeting in the ashram, you will be informed of who your team leader is. When in Prasanthi Nilayam, direct all inquiries to your team leader.
- **For any urgent matters**, before you reach or after you leave from Puttaparthi, please contact: \_\_\_\_\_ on \_\_\_\_\_

**18. First Meeting in Prasanthi Nilayam:** Sept 24 at 8pm (in front of North Indian Canteen)

**19. Scarves & Darshan I.Ds**

Please be aware that only official pilgrims from SA will be entitled to scarves & Darshan ID. Scarves are for registered members of the organisation.

For the sake of clarity Bhagawan said: *“Who can be members of these (Sai) organisations and what are their qualifications? 1. Of course, they must be eager aspirants for spiritual*

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*progress. (2) They must have full faith in the Name that the organisation bears and in spreading that Name, in the manner suited to Its Message and Majesty. (3) Besides, the member must have won recognition as a good person. That is all the qualification needed; nothing else counts” (1967 Apr 21).*

*Furthermore, every member of the Organisation must undertake Sadhana (spiritual discipline) as an integral part of his daily life and abide by the 9 point Code of Conduct (Charter).*

Check with the chairperson of your centre.

## **20. Medication**

Whilst there are several pharmacies in Puttaparti as well as hospital, it is always advisable to take some of your personal medication with you. If you or your family members have any serious medical condition(s) that require special attention or arrangements – discuss this with your regional coordinator before you leave. Some recommendations: pain killers, anti-diarrheal, anti-histamines, cough Suppressants, nasal decongestants, nausea medication, small first aid kit, etc. **At least, take your personal prescription medication.** Do not assume that these will be available or easily obtained in India

## **21. Essentials While Staying in the Ashram**

- Bed sheets (for bed and to cover yourself), pillow cases, towels, toiletries
- Insect/Mosquito repellent, long sleeves & long pants to cover skin, Flashlight for emergencies
- For heat and humidity: **stay well hydrated**
- Try to eat only inside ashram. Avoid eating from street vendors
- Combination lock is preferred to lock the room & (allow roommates to get in when they want)

## **22. Optional Items (most available in the shopping centre)**

- Electric tea kettle & Iron (Indian voltage: 230-250 volts), teabags, coffee, creamer & sugar
- Immersion heater
- Paper towels/toilet paper, sun block, zip-lock bags (for food), hand sanitizer, disinfectant wipes
- Those travelling with babies might consider taking enough powdered milk, etc.

## **23. Dress Code**

In order to maintain the sanctity and high level of spiritual vibrations in the ashram, all visitors are expected adhere to a strict dress code reflecting purity and modesty. The purpose of this is to allow all present in the ashram to focus on Swami’s Divine Love, without attracting or distracting others in the ashram. Adherence to this code is ultimately a reflection of our love and respect for Swami, and commitment to maintaining the sanctity of the ashram.

### Men

For purposes of uniformity, all men can wear white shirt/t-shirt/kurtha & long white pants. The shirt is usually worn outside the pants (not tucked in). They can also be obtained at the shopping centre or if you purchase material, be sewn at the tailors outside. Shorts are strictly prohibited

### Women

For purposes of uniformity, women can consider wearing the same colour each day during the 12 day stay during darshan. Sarees and Punjabis are most often used. A shawl covering the

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shoulders must be worn all the time. (This can be forwarded to the regions beforehand). Blouses can be made quickly and cheaply in Parthi. Considering the size of the group and the time constraints it may be advisable to carry along some neutral colour blouses.

The following options are not acceptable: Shorts or short skirts exposing the legs, tight dresses, see-through clothing, sleeveless clothing, outfits with exposed midriffs (short tops, or ghagras with stomach/top inadequately covered), and tight fitting pants.

#### Children

All girls and boys under the age of 16 years could wear white clothes to symbolize purity. The same rules regarding dress code applies to girls as they do to women

#### **24. Daily Spiritual Schedule**

Bhagawan has laid down the daily schedule to be followed in the ashram. Every activity of the ashram routine is suffused with deep spiritual significance. See the table below:

<b>Time</b>	<b>Activity</b>
5:20am	Aumkaar and Suprabhatham
5:40am	Veda Chanting and Nagarsankeertan
around 8:30 +	Morning <b>Darshan</b> but Bhagawan has not been coming out recently
8:00am	Vedic Chanting ( <i>Ganapati Prathna, Rudram, Purusha Suktam, other</i> )
9:00am	Bhajans & Aarati ( <i>followed by meditation for overseas devotees in Mandir</i> )
10:00am	One Hour Spiritual Talk ( <i>hall next to shopping centre</i> )
around 3:00pm +	Evening <b>Darshan</b>
4:00pm	Vedic Chanting ( <i>Ganapati Prathna, Rudram, Purusha Suktam, other</i> )
5:00pm	Bhajans & Aarati ( <i>followed by meditation for overseas devotees in Mandir</i> )

**Everyday:** Our group will assemble near Gayatri Mandir at 5:50am and again by 1:50pm. After necessary announcements, men and women will form two separate lines. Women will leave for darshan first, followed by the men. The group will leave by 6am for morning darshan and 2pm for afternoon darshan.

#### **Prasanthi Committee – Daily Darshan Guidelines**

Men /boys and Ladies/girls (infants and children below 6 may be with either parent) will line up separately by gender for morning and afternoon darshans approximately 45 minutes to an hour prior to the required seating timings provided to the S.A. Groups by Prasanthi Ashram Sai Kulwant Hall darshan seating convener.

S.A. devotees will meet at designated locations near North Building number 8 close to overseas accommodation area or in front of North Buildings 1, 2 and 3 the exact location will be determined based on the size of each group.

Devotee will need to line up and walk silently to Sai Kulwant Hall in a disciplined and orderly manner each morning and afternoon.

- Every registered devotee will be provided with a badge which will include Darshan Id number by the registration team during registering in Puttaparthi upon arrival at the ashram
- Designated S A. scarves must be worn for each day for 12 days during darshan
- Men and Women – please try to stick to the decided dress code
- The registration badge with the Darshan Id numbers will be used for both male and female devotees to provide fair seating for each of the 12 days in an attempt to give

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each devotee an opportunity to sit in the first row or within the first 5 rows at least once during the pilgrimage depending on the size of the group. This will also depend on the Group Darshan seating block allocated by the ashram to the S A. Group. Cultural Program darshan seating will vary and will be planned separately depending on the cultural program blessed to be performed in the Divine Presence of Swami.

- Devotees will be required to maintain silence during and after Swami's Divine Darshans
- Devotees will be required to remain seated after each darshan and disperse from of Sai Kulvant hall in an orderly manner only after being indicated by darshan leaders
- Devotees not wearing S.A scarf or registration badge displaying their Darshan Id will be asked to sit at the very back of the group seating hence it will be wise to wear the designated S.A. scarf and registration badge displaying for each darshan

#### **25. Footwear and accessories**

- Handbags and purses may be carried in the ashram, but are not allowed in darshan. It is advisable that ladies carry a very small change purse, which can hold a key and some money, to darshan. **For security purposes, anything other than these basic items is not allowed inside the darshan hall.** If you have something larger, you may temporarily store it in the cloak room located right outside the entrance to darshan hall.
- Regular shoes are not needed. Most people wear inexpensive flip-flops/open sandals all the time (mark yours). When you go to darshan/most offices/canteens, leave your footwear outside.

#### **26. Wheel-Chair/Chair in Darshan**

We will obtain help from volunteers to transport devotees in wheel chairs to the darshan hall. Although we will request ashram officials to accommodate devotees in wheel-chairs along with the group, we will have to obey the rules of the ashram regarding this matter

#### **27. Food**

It is recommended to enjoy North & South Indian and Western meals that are available at respective canteens within the ashram. All canteens have separate places to serve men & women.

- Western Canteen  
The Western Canteen is located between Round Buildings 2 and 3. It caters to the continental palate. Payments are made directly in Indian rupees. Breakfast (8am or 15 min after Darshan), Lunch (11:30 – 12:30), Supper (6:30-7:30pm)
- South Indian Canteen  
The South Indian Canteen is located in front of the Indian Accommodations Office. It offers South Indian cuisine meals, snacks, and beverages. Payment is by coupons only. Buy coupons at the counter near West-2, opposite the men's entrance of the canteen. Breakfast (6:30-8:30am), Lunch (11:00am-1:00pm), Tea/Snacks (3:30-4:30pm), Supper (6:30-8:00pm). A bakery counter is open between 7am - 8am and 3:30pm - 4:30pm.
- North Indian Canteen  
The North Indian Canteen is located near the North Block buildings. It serves north Indian cuisine for lunch and dinner only. Payment is in Indian Rupees. Lunch (11:30am-1:00pm) and Supper (6:30-8:15pm).

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**28. 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").*

At a very practical level, our sadhana and production preparation expects serious introspection of each one of us in order that we can make it into an OFFERING fit for Bhagawan. For instance, *"how do we feel when that taxi-driver cuts in front of us, how do we respond when we hear what could be regarded as political hate speeches, how do we treat our helpers at home, do we know the name of the cleaner at work who removes our dirt each day?.... and even within our organisation are we feeling the love and unity or are there still subtle unspoken divides...."*

**GENERAL:**

As far as possible:

- Be on time for meetings, practices and darshan & attend all program practice sessions.
- Avoid (or at least minimize) leaving the ashram.
- Do not leave the darshan hall/stand up/call out to Swami while He is present.
- Avoid "hanging around" the ashram or outside, socializing or "people watching".

Other points to consider...

- Trips may be organised for devotees to visit Swami's birthplace, hospital, sporting arena, all places of spiritual importance (make enquiries)
- When Swami gives Prasad, remain seated. Everyone usually gets

*"Darshan (Sight of the Lord) gives you liberation from all sins;  
Sparshan (Lord's touch) frees you from the effects of all your actions  
Sambhasan (talking with the Lord) destroys all miseries.  
Your heart can attain purity through Divine grace"*

**- Baba**

**DO MAKE THE BEST OF THIS SPIRITUAL EXPERIENCE**

**I may turn the sky into earth, or earth into sky;  
but that is not the sign of Divine might. It is the prema (Love)**

*(17 May 1968 – 1<sup>st</sup> World Conf)*

References: <http://www.srisathyasai.org.in/Pages/AshramInfo/Ashram.htm>  
<http://www.sathyasai.org/ashrams/prashanthi.htm>  
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