

SRI SATHYA SAI CENTRAL COUNCIL OF SOUTH AFRICA
National Spiritual Wing

Thursday, 26 August 2010

SPIRITUAL 8 – SPIRITUALITY MATTERS:

The National Sadhana Programme for the Leadership held on Sat, 21 August 2010 in Durban (Sudha Mandir) has left so many positive, indelible recollections in the hearts and minds of devotees. Let us remember the messages about “our personal mission” in the Sathya Sai Organisation – *“to help the individual to be aware of the Divinity that is inherent in him and to conduct himself accordingly.”*
Charter of the Sathya Sai Organisation

Bhagawan said, **“Spirituality does not mean giving up everything and leading the life of a recluse. One should always be cheerful and have good thoughts. Never put on a castor-oil face. Let your face be with a smile always.”**

Sathya Sai Speaks, Vol 33, Ch 7, Pg 118

Also, *“Miserliness is like the behaviour of a dog, it has to be transformed. Anger is enemy Number One of the Sadhaka, it is like spittle and has to be treated as such. And untruth? It is even more disgusting. Through untruth, the vital powers of all are destroyed. It should be treated as scavenging itself. Theft ruins life. It makes the priceless human life cheaper than a pie. It is like rotten foul-smelling flesh.”*

<http://www.sssbpt.info/vahinis/prema/prema30.pdf>

Let us, for every spiritual and organisation activity, take **the T.R.I.P within:**

- **Truthful** about your spirituality... *(BE honest to oneself)*
- **Regularity** or sustainability of the activity... *(train our body/mind complex)*
- **Intensity** ... *(with all of our heart’s might)*
- **Purposeful** ... *(what’s our understanding)*

Ask: Why am I doing the activity (seva, meditation, bhajan, etc)?

Ask: How does what I am doing help me towards the GOAL of the Organisation?

SPIRITUAL TOOLS THAT CAN BE INTEGRATED WITH T.R.I.P

NO	SUGGESTED DAILY SPIRITUAL ACTIVITY	MINUTES
1	Light Meditation	5 – 10
2	Exercise (walk/jog/play/other OR yoga – Sun Salutation)	10 – 20
3	Breathing Exercises - rapid in & out (through nostrils only) (2 min) - short spurts of exhalation by contracting stomach (1 min) - Alternate breathing (1 min)	5
4	Omkaar (21 OM's)	5
5	Suprabhatam (or any other prayer including morning & evening prayers – see S28)	5
6	Vedic Chants – Optional	5 – 40
7	Gayatri Mantra	Ongoing
8	Namasmarana (remembering the name of the Lord) – Soham / Hail Mary Glory be to the father / Allah-ho-Akbar / Om Mani Padme Hum / Shema Yisrael or any other	Ongoing
9	Study Circles or Daily read/study of Sai Literature	Ongoing
10	Bhajan / Devotional Singing	10 – 20

1. **Keep company with Bhagawan** all the time (visualise Him in your presence, talk to Him all the time, ask for His view, ...). Bhagawan says, *“Sadhana does not mean adoring God in a particular place or in a particular form. It means thinking of God in all that you do wherever you may be.”*
<http://www.sssbpt.info/ssspeaks/volume25/sss25-35.pdf>
2. **Have GOOD Thoughts** all the time (beware of the mind). Good thoughts produce good energy and vibrations in the atmosphere.
3. **Spiritual Yardstick** – how do we know if we are progressing on the spiritual path? **When we are able to LOVE more.**
4. **Heart to Heart Communication** – Be aware how we say something, what we say and watch others’ reaction to our speech. Speak to others with due consideration (preferably not through emails). Be aware of our reaction to others. Try to practise humility.

Sai Love

Kishan Bodalina (National Spiritual Convenor)