

SRI SATHYA SAI CENTRAL COUNCIL OF SOUTH AFRICA
National Spiritual Wing

SPIRITUAL 3 – SPIRITUAL ASPIRANT SELF AUDIT or GROUP SURVEY:

This is an anonymous introspection tool & please do not indicate your name

Please be spontaneous in answering and be recklessly honest - IT IS FOR YOUR TRANSFORMATION

The reason for this survey is to understand our current spirituality & assist in drawing up Spiritual Programmes

Kindly answer in the spirit of developing a sound spiritual foundation for each devotee Countrywide

No	AREA OF FOCUS (place a tick in the appropriate boxes)	All the time	Most of the time	Some of the time	Rarely	Never
		Every day	5 to 6 times a week	3 to 4 times a week	1 to 2 times a week	0 times a week
1	Remember the primary objective of the Sai Org (Realise your Divinity)					
2	LOVE: speak softly and lovingly to all at work/home/Sai Centre/others					
3	Calm and reflective before you speak (<i>especially in challenging situations</i>)					
4	LOVE: speak ill of others especially in their absence					
5	LOVE: when others point out your faults, are you defensive					
6	Engage in daily prayers (<i>according to one's religious practices</i>)					
7	Engage in meditation					
8	Engage in bhajan with members of the family					
9	Attend public bhajan (<i>devotion singing</i>) by the centre at least once a month					
10	Read or study Sai literature & Sai Teachings					
11	Attend weekly study circle (<i>satsang</i>) organised by the centre					
12	Get angry and impatient					
13	Do a self audit or introspection					
14	Not only listen to but CHANT Sri Rudram (vedic hymn)					
15	Not only listen to but CHANT other vedic hymns					
16	EGO: Do you get happy when you are praised (extolled)					
17	EGO: If you have an office bearer or other position, are you attached to it					
18	EGO: Do you feel bad when you are reviled (<i>hated, criticized</i>)					
19	Expect gratitude/appreciation/thanks for the good you are doing					
20	Accredit Swami for the action/s done by your body/mind (He is the doer)					
21	I am truthful and honest at home/work/with friends/Sai Org/Other					
22	Chant the name/s of Bhagawan (Namasmarana) like Gayatri, Sai Ram, etc					
23	Know the inner and literal meaning of bhajans (<i>devotional songs</i>) you sing					
24	Know the inner and literal meaning of prayers you chant					
25	Engage in exercise (<i>Yoga, walking, running, gym, etc</i>)					
26	Engage in basic Pranayama (BASIC BREATHING)					
27	Observe religious events of YOUR faith (<i>Christian, Hindu, Muslim, etc</i>)					
28	Use profanity (<i>vulgar words</i>) at home/work/Sai Centre/other					
Which is the one positive value in you that you will never compromise						

NB: Each devotee should keep a copy for him/herself & could update it at least MONTHLY

Love, because it is your nature to Love, because you know nothing else ...Bhagawan Baba