

**SRI SATHYA SAI ORGANISATION OF SOUTH  
AFRICA**

**LADIES FORUM MANUAL**



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## Ladies Day

19<sup>TH</sup> November – a Gift from Swami.

On November 19, 1995, on the occasion of the 70th Birthday celebrations, Bhagavan Sri Sathya Sai Baba magnanimously declared that the 19th of November will henceforth be celebrated as Ladies' Day to highlight the sacred qualities of women and lay renewed emphasis of the quality of motherhood. Ever since, it has been the privilege of women to celebrate this day as Ladies' Day in His Divine Presence at Prashanti Nilayam.

Bhagawan always emphasizes the greatness of women and the ideal of motherhood and advises women about the significant role they play in the shaping of individual and National Character.

“It is not my view that women should not get educated. They should have education. You may also take up jobs. But they should live up to the obligations and glory of womanhood. The first title given to a woman is the goddess of home (**grihalakshmi**). A woman is expected to confer all prosperity, honour, and good name on the home and the family. She is characterized as home-Lakshmi and not office-Lakshmi. Another title for a woman is the better half (**ardhangi**). This means she is the better half of the husband and not a partner in his job. The third title is the mistress of the Home (**illalu**). She is the mistress in the house and not in the office.

**Dharmapathni** is the fourth title conferred on a married woman. This implies that the home is the dwelling for all righteousness. The home is the birth place of all the rules of right conduct (**dharmas**) hallowed by usage from ancient times.

What we have to safeguard and protect today are truth and righteousness, and not the nation. When truth and righteousness are protected, they will protect the nation.

Hence, righteousness should be fostered in the home. A home is no trivial place. The home is the abode of **dharma**, which protects and safeguards the country. The home is the beacon that illumines and sustains the world.

Women should realize that, regardless of their education or position, their foremost obligation is to protect the home.

**Consider, for instance, this fact- There are any number of women who have tried to bring back their dead husbands or to venerate their memory. How many men have done likewise for their wives? Many hasten to acquire a second wife.**

**Wherever women are honoured, there is prosperity and happiness. Women should never be slighted or treated with disrespect. A home in which the housewife sheds tears will be bereft of all prosperity. This is the ancient conception of the role of women in the home.”**

**Divine Discourse: 19 November 1996.**

**"This day of 19th November is celebrated as Ladies Day in order to delve into the sacred qualities of women and disseminate them. Women are the repositories of Truth and Culture. Though the earth is one the plants vary depending on the seeds sown. The womb of mother symbolizes Mother Earth. As is the seed of thought sown in it, so is the fruit it yields. You cannot expect mangoes by sowing a neem seed. So, the mother should be filled with good thoughts, good words and good deeds. Only then can her children be virtuous.”**

***Divine Discourse: November 19, 2000***

**“Women should realise that, irrespective of their education or position, their foremost obligation is to protect the home. For lakhs of students and children who go to school, the mother is the first teacher. From the moment of birth, for every one the mother is the preceptor. If such a teacher leaves her home to teach other children, who will teach her children? For Indian (Bharatiya) women, the first duty is to reform the home and run it along ideal lines! The home and the family is the basic social institution everywhere in the world. When the home improves, the whole world will be better.”**

**Divine Discourse Ladies day – 19 November 1996.**

**In Prashanti Nilayam Sai International Ladies Day is celebrated by the ladies, where the ladies arrange and carry out all the programs and festivities. Ladies Day has inspired women all around the world. All centre ladies should be FREE to enjoy ladies day with spiritual activities initiated by the ladies for the ladies. At all times the ladies must follow the**

guidelines of the ladies forum together with the international guidelines of the organisation.

Do not embark on a project for which there are insufficient funds. Special projects must be discussed and approved by the officers in conjunction with the centre and regional Presidents and acted upon only after the funds are available.

Have as little to do with money as possible since it draws attention away from the members' spiritual focus.



### **WHY THE LADIES FORUM WAS CREATED BY SWAMI**

1. ***To inspire and motivate all ladies to be active in all activities of the Sai Organisation, including the promotion of their respective traditions, religions and cultures.***
  - **Learn and celebrate one another's cultures, traditions and religions. This brings about a wonderful sense of unity, sharing knowledge and respect for one another.**
2. ***To conduct talks for all Ladies on issues relating to them.***
  - **Eg. Any challenges that affect Ladies can be shared with other Ladies eg. breast cancer, shingles, depression etc.**
3. ***To organise regular study circles and fellowship meetings to ensure that all Ladies in the Organisation are fully aware of Bhagawan's teachings especially in relation to their roles as a mother, wife, sister, daughter and friend.***

• Nationally a study circle topic is sent out every month for the 19<sup>th</sup>. Invite all devotees to your study circle – This is a wonderful opportunity to do research, learn and grow spiritually. By gaining this knowledge and practising Swami’s teachings leads to the blossoming of Human Values .

• Be a good wife. Take care of your home first.

• Be the best you can in the role you have chosen - wife, mother, daughter, sister or friend.

• Be a good respectful and loving daughter, not only to your maternal mother but to all mothers.

4. *To organise training sessions to develop leadership potential and confidence among all Ladies*

• Rotate all duties, this way you will help awaken the talent in others. When you nourish another being, you will excel and progress in life.

• Grow those who are struggling and have the potential. Encourage and guide, your compassion will give them strength and courage.

• The work you do should turn you into universal thinkers.

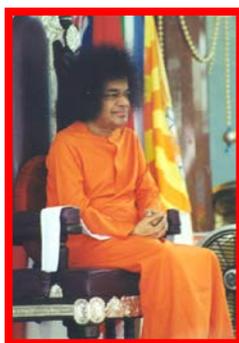
5. *To promote the Study of Stree Dharma. All woman should read regularly.*

• Read good literature and spiritual discourses daily and also attend study circles. Do your daily prayers and be in daily communion with God.

• All spiritual activities lead one to self realisation. Swami has given us the organisation to KNOW, EXPERIENCE and MANIFEST our divinity. Let us worship Bhagawan by making Sai Excellence a Way of Life. Many of us were fortunate to have enjoyed the presence of Swami in human form.

## **6. *Important points to Remember.***

- **Lead a life of a useful, harmless and sacred being, just like the cow - She gives nourishing milk in return for common grass.**
- **The Ladies Forum must be constructive, effective, powerful, spiritual and uplifting for all Ladies, without a trace of ego.**
- **Remember at all times that we are not an independent wing; we work together with the Seva Wing and Youth Wing.**
- **The 19<sup>th</sup> of every month is a gift from Swami. He said “Go out and educate yourselves and play a meaningful role in society.”**



## **WELLNESS AND LIFESTYLE CLINICS**

**The Wellness and Lifestyle Clinic is a healing clinic. The National Ladies Forum co-ordinates this programme together with the National Healthcare Team. It is aimed specifically at Sai devotees and their families. It is a fully integrated program and includes both the medical aspect and the alternate lifestyle.**

### **THE MEDICAL ASPECT includes**

- **Sugar testing,**
- **Blood Pressure Testing,**
- **BMI,**
- **Blood Groupings done by SANBS,**
- **Vitamin B12 Injections,**
- **Blood samples drawn and referred to Global Lab to Test Cholesterol, Full Blood Count and B12.**

- **Medical Consultation,**
- **a talk on diabetes and a**
- **Psychologist is always present for those who need assistance.**

**THE ALTERNATE LIFESTYLE includes information and demonstrations on**

- **Healthy juices for the various chronic ailments and also**
- **Healthy foods to eat to alleviate the various ailments and to decrease the need for allopathic medications.**
- **Yoga**
- **Head, shoulder and foot massage**
- **Music therapy,**
- **Meditation,**
- **A program on God Man and the Environment,**
- **Organic gardening.**
- **There is also a talk on Alternate Healing using the Correct Exercises and taking the Correct Tonic juices to Reduce Diabetes, Asthma and Arthritis,**
- **Stress Relief Program**
- **Laughing Therapy.**

**This program is especially geared toward motivating, encouraging and assisting all devotees to move towards a healthier and balanced lifestyle.**

**It has been successfully run throughout the country since 2007 and there has been a dramatic rise in the number of blood donors since its inception. Global Lab does all the blood tests and the results are sent to the Doctor in charge for comments and advice. It is then forwarded to the Regional President within 14 days to forward to all patients in sealed envelopes .**

**All devotees over the age of 16 are invited to this clinic to be tested and diagnosed so that they know their health status. The wellness clinic aims to improve the Physical, Mental , spiritual and Emotional Health of all devotees so that they may begin to Resonate with Love in their daily activities. It is recommended that Regions host the Wellness Clinic once in 18 months.**

The benefits enjoyed are that more and more Sai devotees have become blood donors. Through the excellent diabetic presentation more and more devotees are now aware as to what their bodies are telling them. They understand the symptoms of diabetes and other illnesses and take the necessary precautions.

All devotees are requested to observe a fast from 10.00pm the night before to get the correct blood and sugar results.

In regions outside of KZN we run a skills development program on the Saturday and the Wellness Clinic on the Sunday.

Dress Code is Punjabis for the ladies wanting to do yoga.



### LADIES FORUM FELLOWSHIP TRAINING

The above training program should ideally take place every 2- 4 years when there is a change in Office Bearers.

At the Fellowship Training Ladies are taken through the processes and the activities that they should be involved in:-

- Conduct meetings, Grain Jappa , Study Circles ,Skills Development, Use the COD program to do service to Humanity.
- Loving our children: To be in their Memories Tomorrow, we need to be in their Lives Today.
- Understand your marriage – a Happy Marriage is Understanding and then Adjusting. TRUTH is essential in a marriage as it is the foundation of all relationships.

Understand the purpose of The Sathya Sai Organisation – to Know , to

**Experience and to Manifest your Innate Divinity.**

- **Gratitude – It is important to give thanks to SWAMI everyday.**
- **BE HUMBLE - Instead of searching for others' faults search for your own faults and uproot them.**



### **SKILLS DEVELOPMENT PROGRAM**

**Skills development has been an Integral Part of the Ladies Forum projects and the National Ladies Forum encourages all Ladies Forum convenors to use their Skills Development Program as a Seva Project.**

**E.g.:**

- **Hospice– Stitching underarm cushions, hats and bed sheets to provide more comfort for the terminally ill patients.**
- **Children's Crafts – Teaching Balvikas children by holding arts and crafts workshops.**
- **Physically and Mentally Challenged – Using the Educare Program to teach arts and crafts.**
- **Eye Clinic – Stitching the much needed glass cases, for the eye clinic patients.**

- **Medical Clinic** – A practical, specially designed medication bag for patients of the medical clinic.
- **Spinal Rehab Clinic** – Elderly people who cannot walk due to accidents and who have very little use of their hands. Ladies assist with doing crafts with them to regain mobility of their limbs.
- **Psychiatric Clinic** – Arts and Crafts are done with patients.
- **SPES NOVA** Knitting and making of bags with physically challenged children.
- An important component of the ladies forum is teaching skills to the ladies of the organization which enables them to go out and do outreach programs, empowering the underprivileged to earn a living by simple affordable methods, such as organic gardening, recycling, care givers, health & hygiene, parenting and sewing (food warmers etc.)



### **MOTHER AND CHILD PROJECT**

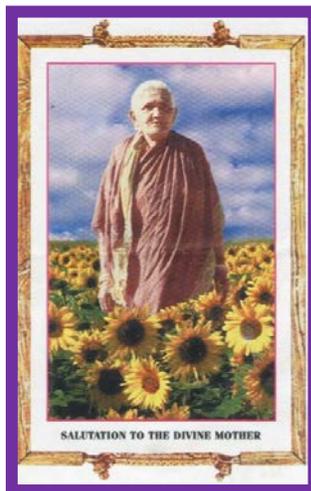
“Women have a great role to play in the Moral Regeneration of the people. Dharma can be made to occupy its due position in society and restored to its pristine glory only by women. When women are true and brave, kind and compassionate, virtuous and pious, the world can have an era of peace and joy.” - Baba

**This project is all about LOVE, so transform your service into worship. The Mother and Child Project was initiated by Swami for the health and social welfare of women in the area surrounding His Ashram. This project was inaugurated on July 19<sup>th</sup> 2005 in the name of the Easwamma Women's Welfare Trust. The Mother and Child Project provide continuing Prenatal and Postnatal Care for Women and Infant care in the villages of the Sri Sathya Sai Mandal. The project commenced with just two villages. By August 2009, the project had grown to serve 45 villages.**

**In SOUTH AFRICA, the ladies are doing this seva in many Regions of the country.**

**People desire that only their family and children should be happy, but Mother Easwamma was not like that. She wanted everyone to be happy. Even though she was not educated, she taught such noble qualities to everyone. - Baba.**

**“Obey the commands of your parents and become ideal parents in future. You should teach the same to your children too. In order to teach these ideals, I have proclaimed the 19<sup>th</sup> of November as Ladies Day which is very auspicious. The importance of this day lies in propagating and realising the sanctity of motherhood which is founded on the principle of selfless love. Children should be fostered on the principle of piety and virtue. This day will be celebrated by posterity for all times.” - Baba.**



## 9<sup>th</sup> August - Women's Day

Every year on 9 August we celebrate Women's Day in South Africa, a public holiday that pays homage to the women of our nation; - the mothers, the wives, the sisters and the daughters who fought tirelessly against the tyranny of the Apartheid Government.

It was on the 9<sup>th</sup> August 1956 that a large group of women began a campaign to bring an end to the "Pass Laws" enforced by the government of the day. These laws meant that all black people had to carry a special "pass" or identification document which they had to produce to prove that they were permitted to enter a certain area designated for white people. This was a major law of the apartheid regime and greatly restricted the freedom of movement of black people.

Swami points out:

"As today is a sacred day dedicated to women, they should change themselves and help to change the men and the children. They should develop the qualities of sympathy, compassion, love and sacrifice. Study the lives of our great women, who were models of patience, fortitude, compassion and sacrifice. I desire that you should take up the reins of leadership and bring peace and prosperity to the nation by leading ideal lives". Sathya Sai Speaks Vol 28, Chapter 32 'When Women Are Honoured.'

"Women are the makers of the home, the nation and the world . You are the mothers who shape the generation. So you must enshrine in your hearts the spiritual urge towards light and love, Wisdom and Bliss" – Baba

We observe this day to increase the awareness of the unique role women play in the transformation of a society; to appreciate that women do have power to make a country a better place for all and for future generations to come .

Swami expects us to lead the transformation process beginning with ourselves and then taking this into our homes and society.

## STUDY CIRCLES

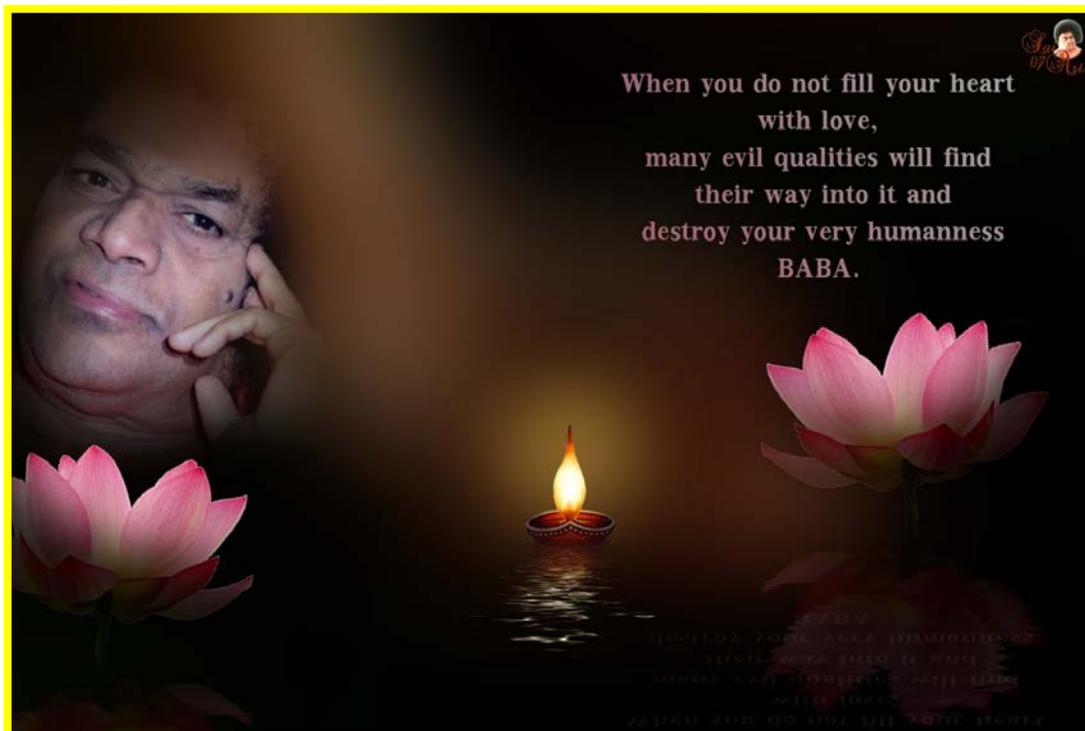
There are four types of devotees:-

- The one who worships God because he wants wealth,
- The one who worships God because he has problems,
- The one who has a thirst for the Divine .
- The one who is wise.

The wise does not need any instructions. The first two are preoccupied with getting what they want rather than what God wants to give them, they are in no mood for enquiry. The third category are the earnest seekers who are in the process of transformation. Study circles are most beneficial to these devotees.

### Purpose of Study Circles

The purpose of the study circle is to make us better devotees. The objective is to motivate devotees to evolve towards the standards that Swami has laid down for us.



## DAILY PRAYERS

I AM GOD, I AM NOT ANY DIFFERENT FROM GOD, I AM THE INDIVISIBLE SUPREME ABSOLUTE, I AM SAT CHIT ANANDA, GRIEF AND ANXIETY CAN NEVER AFFECT ME, I AM EVER CONTENT, FEAR CAN NEVER ENTER ME.

### MORNING PRAYER

OH LORD, I AM NOW BORN FROM THE WOMB OF SLEEP. I AM DETERMINED TO CARRY OUT ALL TASKS OF THIS DAY AS AN OFFERING TO THEE, WITH THEE EVER PRESENT BEFORE MY MINDS EYE. MAKE MY WORDS, THOUGHTS AND DEEDS SACRED AND PURE. LET ME NOT INFLICT PAIN ON ANYONE AND LET NO ONE INFLICT PAIN ON ME. DIRECT ME , GUIDE AND GUARD ME THIS DAY.

### EVENING PRAYER

OH LORD, THE TASKS OF THIS DAY IS DONE, THE BURDEN I PLACED ON YOU THIS MORNING IS OVER. IT WAS YOU WHO MADE ME WALK, TALK, THINK AND ACT. I THEREFORE PLACE AT THY LOTUS FEET ALL MY WORDS, THOUGHTS AND DEEDS.MY TASK IS DONE OH LORD. RECEIVE ME, I AM COMING BACK TO THEE.

### JOTHI MEDITATION

Jothi Meditation purifies our Body, Mind and Senses. The Jothi is the dispeller of darkness and ignorance and the giver of light. Jothi Meditation is the life principle. It is a precious holy discipline. Send the Jothi to all your friends and relatives, to all human beings, animals , plants and to the entire universe.



## **RECIPE BOOK**

**In Gita Vahini, Swami says: “The Vedas emanated from God; karmas emanated from the Vedas; from Karma originated Yajna; from Yajna - Rain, from Rain grew Food; from Food grew All Living Beings. This is the CYCLE that has to be accepted and honored.”**

**Food plays a vital role in the spiritual path. When we consume the right types of food, it helps us in our efforts to understand divinity. As is the food, so is the mind. You should partake of Sathwic (pure) food. One should consider food as God.**

**Today, man is wasting his energy by entertaining negative thoughts and feelings. To keep negative thoughts in check, one has to develop divine thoughts. What are divine thoughts? One should consider everything as divine. Every drop of blood in your body is suffused with divinity. Food generates blood and energy in your body. This divine energy has to be positively utilized by entertaining divine thoughts. Bhagwan Baba says, “The material making up your thoughts is extremely subtle, it arises from the foods that you eat.”**

**We have decided to create a recipe book with the divine guidance of Bhagwan Sri Sathya Sai Baba. It is our fervent prayer that every recipe will contribute towards one’s spiritual growth.**

**Food is an important component for individual transformation from humanity to divinity. Tried and tested recipes have been demonstrated by regions throughout the country. It is hoped that the aim of publishing this book is achieved. That is, the coming together of all ladies nationally to create one recipe book with love, unity and harmony.**

**The book will cover a variety of meals and drinks such as desserts, juices, cakes, lunch boxes, rice dishes, savory snacks and biscuits, Chinese dishes, breads, sweets, etc.**

**Our Lifestyle, our Food Habits and our Choice of Foods have Contributed to our Current Health Problems. Baba says, “Food is of Three Qualities: Sathwic (pure), Rajasic (passion) and Thamasic (inertia).” Some other important aspects of food are the source, the cook, the environment of the kitchen, preparation utensils, sound & music (suggest good music), meal prayer, dining room environment, the process of eating, the process of cooking and ingredients.**

**Ladies are welcome to include any input regarding the book as this is a national ladies project. Volume 1 of the Recipe Book is being prepared as a Love Offering to Swami on Guru Purima.**



### **SPECIAL SKILLS**

**There has been a call for other skills within the organisation, as we have highly professional woman who can provide the necessary training and assistance.**

**Not all woman are interested in arts and crafts therefore we have other projects for sisters to become involved in.Eg.**

- **Psychologists- coping with grief ,**
- **Nurses - health advice ,**
- **Counsellors - domestic violence ,**

- Doctors - professional health advice eg. Checking for breast cancer and other woman related issues.
- Facilitators- leadership and public speaking.

This also stands as an invitation for those sisters who want to become involved with facilitating any of the above and more within the ladies forum.



**TWAMEVA MATHACHA PITHA TWAMEVA,  
TWAMEVA BANDHUSCHA SAKHA TWAMEVA,  
TWAMEVA VIDYA DRAVINAM TWAMEVA,  
TWAMEVA SARVAM MAMA DEVADEVA.**

**ENGLISH MEANING**

**Oh Lord! You alone are my mother and father,  
friend and relation, wisdom and wealth.**

**You are my everything.**