

**WE ARE ALL ONE -  
BE ALIKE TO  
EVERYONE**



## **Spiritual Discipline Program - Sai Reflection Day 2019**

Loving Sairams! We welcome each and every member of Region 6, SSIO-USA to participate in a 30-day Spiritual Discipline Program. The primary teaching of Sathya Sai Baba (fondly called as Swami or Baba by His Devotees) is that of spiritual oneness of all Creation and it is the intention of this 30-day program to put this teaching into practice in our everyday life situations.

### **INDIVIDUAL**

Silent sitting in front of Swami for 2 minutes each day

Practice Soham meditation for 2 minutes each day

Chant the Gayatri Mantra 9 times each day

### **FAMILY & WORK**

Chant "Om Sri Sai Ram" 3 times before interacting with a family member

Chant "Om Sri Sai Ram" 3 times before going into any work meeting / call

Chant "Om Sri Sai Ram" 3 times before you hit "Send" on an e-mail or a message

### **SAI CENTER**

Carry your water bottle and snack box to Sai Center to help save paper cup & bowl

As you walk into the Sai Center, send a smile to every person that you meet

Practice visualizing Swami's form in each person that you serve during service projects

#### **Join the 30-day Challenge**

- Check out the list of 9 Self-reflection activities. These are simple ways to understand and internalize the theme of our retreat in our everyday life situations.
- Guided by your conscience, choose at least one of the activities to practice through the 30 day period and practice it with Love.
- Each time that you are able to practice an activity, set aside 5 beans (pinto beans or black beans) in a bin. You can maintain an individual jar or a bean bin for the entire family.
- We recommend documenting your journey in a spiritual diary (either hard or electronic copy).
- At the end of 30 days, please pass on the collected beans to the Center service coordinator for being used in a Center service project.

# AT THE INDIVIDUAL LEVEL

## SILENT SITTING IN FRONT OF SWAMI FOR 2 MINUTES EACH DAY

God is omnipresent. So, do not act differently when you are away from My presence. Be always and everywhere conscious of the Presence. Be vigilant, even while engaged in little tasks. Maintain silence in the recesses of the heart, as well as outside. The Gita says, God's hands and feet are everywhere. You can hear His footfall only when on other sounds hinders.

<http://www.sssbpt.info/ssspeaks/volume22/sss22-17.pdf>

“Practice Silence”, it is said. But what is silence? Not simply keeping the mouth shut. It means getting beyond the influence of all the senses and getting established always in the consciousness of one's own reality. Perpetual bliss is also perpetual peace. When the mind withdraws from the external world, the tongue also becomes silent; all senses follow suit, that is genuine silence.

<http://www.sssbpt.info/vahinis/Prasanthi/Prasanthi24.pdf>

## PRACTICE SOHAM FOR 2 MINUTES EACH DAY

Repeat Soham (I am He) with every breath: ‘So’ when you take in and ‘ham’ when you exhale, ‘So’ means He and ‘ham’ means I and when you complete the inhalation and exhalations, feel that ‘So’ namely the Lord and ‘ham’ namely I (i.e., you) are One. Later, after long practice, the idea of He and I as two separate entities will disappear..

<http://www.sssbpt.info/ssspeaks/volume05/sss05-31.pdf>

Resolve on this holy Shivaraathri to visualize the Shiva who is the Inner Power of all. With each breath you are averring ‘Soham’ (I am He). Not only you, every being avers it. It is a fact which you have ignored so long. Believe it now. When you watch your breath and meditate on that Grand Truth, slowly the ‘I’ and the ‘He’ will merge. Soham will be transformed into ‘Om’, the Primal sound (Pranava) which the Vedas proclaim as the symbol of the Niraakaara Parabrahman (Formless Supreme Reality).

<http://www.sssbpt.info/ssspeaks/volume14/sss14-40.pdf>

## CHANT THE GAYATRI MANTRA ATLEAST 9 TIMES A DAY

Gayatri is the embodiment of all gods and all mantras (sarva devata swarupini and sarva mantra swarupini). It is said Gayatri is the mother of all Vedas (Gayatri Chandasam Matha). There is no need to chant any other mantra if you chant the Gayatri mantra. Gayatri has three names: Gayatri, Savithri and Saraswathi. Gayatri is the master of the senses, Savithri is the presiding diety of the life principle and Saraswathi is the presiding diety of speech.

<http://www.sssbpt.info/ssspeaks/volume33/sss33-04.pdf>

You should also understand the meaning of Bhur Bhuvah Suvah. You are under the impression that they refer to the three worlds – Bhuloka, Bhuvarloka and Suvarloka. These three worlds are present in you and in every living creature. Bhur refers to the body made up of five elements (materialization). The same five elements constitute the entire world. Bhuvah refers to the prana shakthi (vibration) which makes the body move. However it is the presence of Prajnaanam i.e., Suvaha (radiation) that enables the prana shakthi to animate the body.

<http://www.sssbpt.info/ssspeaks/volume31/sss31.pdf>

# AT THE FAMILY / WORK PLACE LEVEL

**CHANT "OM SRI SAI RAM" 3 TIMES BEFORE INTERACTING WITH A FAMILY MEMBER  
CHANT "OM SRI SAI RAM" 3 TIMES BEFORE GOING INTO ANY WORK MEETING OR CALL  
CHANT "OM SRI SAI RAM" 3 TIMES BEFORE YOU HIT "SEND" ON AN E-MAIL OR MESSAGE**

It may not be possible for you to undertake rigorous spiritual practices like meditation, penance, yoga etc. It is enough if you chant the Divine name. Do not undertake practices which you do not understand. Take to the simplest path, i.e., chanting the Divine name...In Kali Age, chanting of the Lord's Name alone can grant you Liberation. There is no greater path than this. So, sing His glory and cross this ocean of worldly life. Chanting the Divine name is the basis of all spiritual practices.

<http://sssbpt.info/ssspeaks/volume35/sss35-03.pdf>

Have constant thought of the Lord (namasmarana) with full faith and pure heart. You forget your nature in the complex tangle of artificiality; you miss the natural (sahaja) when you are caught in the net of artificial (a-sahaja). The natural is love, peace, truth, bliss. The artificial is hate, falsehood, war, grief and greed. You must discover the spring of your own truth...Your mind is steady when engaged in other activities but when it is focused on God it begins to waver. It does not like to stop its vagaries, which it will have to do once God enters your heart. Tame it by remembrance of God (namasmarana)...Have God's name on your tongue, the divine form in your eye, the divine glory in your heart..

<http://www.sssbpt.info/ssspeaks/volume03/sss03-37.pdf>

## AT THE SAI CENTER

**CARRY YOUR WATER BOTTLE AND SNACK BOX TO SAI CENTER TO  
HELP SAVE PAPER CUP & BOWL**

It is a pity that instead of paying attention to God, Nature and Man, in that order, men today are concerned most with themselves, more with Nature and very much less with God. From birth to death, from dawn till night, man pursues fleeting pleasures by the exploitation, the despoiling, the desecration of Nature, ignoring the truth that it is the property of God the Creator and any injury caused to it is a sacrilege which merits dire punishment.

<http://www.sssbpt.info/ssspeaks/volume18/sss18-16.pdf>

Man has to consider himself as a limb of the society and help in the welfare of the society, just as the organs of one body are used for one's well-being. Again, society is a limb of Prakrithi (Nature) and Prakrithi is a limb of Paramaathama (Supreme Lord). Thus, there is a close relationship between man and God. Nature is more progressive than man, and to protect Nature, man has to exploit it within limits. When man tampers with Nature recklessly, it reacts adversely, and trouble arises. In order to protect Nature, man has to practice ceiling on desires. He should not trigger the negative aspects of Nature.

<http://www.sssbpt.info/ssspeaks/volume26/sss26-03.pdf>

## AS YOU WALK INTO THE SAI CENTER, GREET EVERY PERSON WITH A SWEET SMILE

You must establish peace in your heart. You must always be happy and blissful. Sweet smile should dance on your lips. You should not put up a 'castor oil face' under any circumstances. You must always be smiling. When somebody sees you, he should also feel happy. Thus you should always lead a happy and blissful life with a sweet smile on your face. You should be happy and at the same time make others happy.

<http://www.sssbpt.info/ssspeaks/volume39/sss39-12.pdf>

You must always be happy, smiling and loving. When you are smiling, love will automatically develop in you. There are, of course, some people who will put up a 'castor-oil face'. You must always be smiling and cheerful. God is always blissful. He does not at all worry about anything. Sorrow and worry are nowhere near God. You observe Me, I am always cheerful and smiling.

<http://www.sssbpt.info/ssspeaks/volume40/sss40-13.pdf>

## PRACTICE VISUALIZING SWAMI'S FORM IN EACH PERSON THAT YOU SERVE DURING SERVICE PROJECTS

So, for whose sake are you performing service (seva)? You are doing seva for your own sake. You are engaged in seva in order that you may become aware of the Aathman in you, in order that you may discard the allurements of the ego, in order to know yourself and to get the answer to the question that torments you, namely, 'Who am I?'. You do not serve others, you serve yourselves; you do not serve the world, you serve your own best interest.

You may ask: how is it possible to transcend the ego through service? By saturating with love, work can be transformed into worship. When the work is offered to God, it gets sanctified into worship. This makes it free from ego. It is also freed from the earthly desire for success and earthly fear of failure. You feel that you have done the work as best as you can, your worship is accomplished. It is then for Him who has accepted your worship to confer on you what He considers best. This attitude will make the work unattached. Regular practice of this discipline will render the consciousness clear and pure.

<http://www.sssbpt.info/ssspeaks/volume13/sss13-29.pdf>

Help me be a **Green** bean!



Save me in a mason jar



Or a reusable container!!!

