

## Pre-reading for Online YA Sathsang: Surrender – Let Go & Let God

### Activity one: Quiz Time!

Click on the link to complete the quiz entitled "Surrender" by Swami, available at the following link:

[https://media.radiosai.org/journals/vol\\_14/01JUL16/quiz2.htm](https://media.radiosai.org/journals/vol_14/01JUL16/quiz2.htm)

### Activity two: Prayer of Surrender

Click on either of the links below to **watch** a narration of or **read** the prayer

<https://www.youtube.com/watch?v=jSCNnT53uAw> (video)

<https://www.sathyasai.org/devotion/prayers/surrender.html> (text)

### Activity three: What is Surrender and why is it important?

"What exactly is surrender? To give yourself **entirely, unconditionally, and absolutely to God** is surrender. To attain that state, you should first **develop friendship with God**. What is friendship? Is it saying, "Hello!"? No, not at all.

**Feeling of oneness** is true friendship; the two must feel alike and think alike."

–Sathya Sai Baba (Radio Sai E-Magazine, March 15, 2004)

If you want the love of God, you must give up love for other things. When you give up your love for other things, it is easy to acquire the love of God and you will not find any trouble at all. When you are bound by several other forms of love, you will meet with a lot of difficulties if you want to acquire the love of God. **This process has been described as surrender.**

–Sathya Sai Baba (Summer Showers, 1978.15)

"Total surrender leaving everything to His Will, is the highest form of devotion"

–Sathya Sai Baba (Shivaratri, Prasanthi Nilayam, 1955)

"By surrendering to the Divine and developing a heart filled with devotion and love, one **can face all the challenges of life.**" - Baba

–Sathya Sai Baba (Summer Showers, 1987)

There are many wonderful examples of surrendering to God recorded in history:

- Draupadi calling for Lord Krishna when she was being de-robbed at force in the Mahabharat
- Prahalad when he remained fixated on Lord Narayana despite being subjected to the abuse of his father
- Vibhishana's complete surrender to Lord Rama "I have completely surrendered to You. I am Your servant. I must be concerned primarily about your victory and not about any temporary kinship."

### Why is surrender important to us as YAs?

As YAs, we want:

- To be connected to Swami
- To achieve success in all our endeavours – both worldly and spiritual
- To limit our negativity and vices – worry, doubt, envy, attachments

### Will the study circle offer practical tips to practice surrender?

**Yes! Surrender** is complex and almost scary topic to decipher and practice, given the veils of our worldly pursuits and surroundings. This makes letting go harder to achieve. If we are merely instruments of God or puppets in His puppet show, why are we not able to surrender completely and let him hold the reigns of the chariot we call life? In this sathsang we shall dive into these challenges and, with the experience and help of other YAs, help build new paths and practical strategies to achieve this ultimate goal, as a young adult in the 21<sup>st</sup> century.

*Thank you for reading the pre-reading material. We're looking forward to hearing you at the Sathsang.*

*Jai Sai Ram*