



# A NATIONAL OFFERING *for* ARADHANA MAHOTSAVAM

## 30 DAYS OF SADHANA

FRIDAY 26<sup>TH</sup> MARCH 2021 - SATURDAY 24<sup>TH</sup> APRIL 2021



"Install the Lord in your heart and offer Him the fruits of your actions and the flowers of your inner thoughts and feelings. That is the worship I like most, the devotion I appreciate most."

*Ref: Sathya Sai Speaks Vol. 1/Ch. 1, Dasara, October 17, 1953*

Let us honour our beloved Lord's life and legacy by remembering Him and practising His teachings. Join us for 30 days of enlightening sadhana together, let us make the world a happier place!



1. Implement the Ten Steps to Purity
2. Chant the name of your chosen deity 9, 21, or 108 times daily
3. Read Sai Literature daily
4. Daily recitals of the Gayatri Mantra or Sai Gayatri
5. Practise Jyothi Meditation

Pick one or more sadhana options from the list

Choose a time to practice/reflect on the chosen sadhana at the same time each day

Practice it consistently for 30 days

### Ten Steps to Purity

- 1 The fluids that you drink should be pure and satwic.
- 2 Instil purity in the place where you live. The room should be clean. The picture or other objects you see should fill you with peace and pure thoughts.
- 3 Strive to create a harmonious atmosphere in your family.
- 4 Avoid eating tamasic and rajasic food. This means you should not eat food that is excessively sour, pungent or spicy. Satwic and vegetarian food is best suited for a good and godly life.
- 5 Make the effort to cultivate good feelings and thoughts and keep out negative ones.
- 6 Vision must be pure. To develop pure thoughts and feelings, you should look at only those sights that are conducive for that. Wrong sights will incite wrong feelings.
- 7 Read books that help you cultivate purity in your life. Avoid those books that incite wrong feelings in you. If any improper books are prescribed for study, treat them only as textbooks and not as guides for life.
- 8 Be selective about the service activities in which you involve yourself. Activities should help you cultivate purity and give you joy; the service you render should also make those that receive your service happy.
- 9 You should practice sadhana (spiritual disciplines) regularly. There is no higher sadhana than the cultivation of love! Vedam + bhajans are forms of spiritual discipline.
- 10 Choose the right profession that suits you. You must see that you are always fair, just, truthful and righteous in discharging your duties.

*- Discourse at Brindavan, Sathya Sai Speaks Vol.18/Ch.31: 29 December 1985*

"Whatever the nature of your work, if you dedicate it as an offering to God, you will have no worry at all. This is real sadhana. Even when you are engaged in daily chores, you can convert them into worship of God."

*Ref: Sathya Sai Speaks Vol.27, Ch 10: Ugadi, April 11, 1994*