

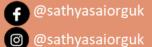
## Sadhana Tracker – Prasanthi Pilgrimage 2023

	*** Mandatary Sadhana	Мо	nth:																										Child	ren: 1	!1 -16	yrs.
Name:																																
Spiritual Activity		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Meditate	Five minutes silent sitting																															
Pray	***Early Morning Prayer																															
	***Gayatri Mantra: 3 times daily (Morning, Midday & Evening) or 9 times at 9PM																															
	Food prayer before meals																															
Chant	***Likhitha Nama Japam (writing 'Om Sai Ram' 108 weekly)																															
Learn	Read Sai literature daily (Sathya Sai Speaks, Vahini series, Daily Quotes, Thought of the day).																															
Practise	Speak Truth																															
	Daily acts of kindness (list for inspiration provided).																															

## Note & Guidelines

- Use one tracker per month and complete it every day before going to bed or once a week.
- Reflect over what you have achieved daily/weekly and think about how you may wish to improve.
- Take a look at the 'Daily acts of kindness' sheet for daily inspiration.
- Thank Swami for HIS help and guidance regularly throughout the day.

"LOVE ALL SERVE ALL | HELP EVER HURT NEVER" – Sri Sathya Sai Baba



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