



# Sadhana Tracker – Prasanthi Pilgrimage 2023

**\*\*\* Mandatary Sadhana**

Month:

Children: 11 -16 yrs.

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

**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



@sathyasaiorguk

W: WWW.SRISATHYASAI.ORG.UK



@sathyasaiorguk

E: INFO@SRISATHYASAI.ORG.UK