



# Sadhana Tracker – Prasanthi Pilgrimage 2023

\*\*\* Mandatory Sadhana

Month:

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
Chant	***Gayatri Mantra, 108 times a day																															
	***Recitation of 108 names of Swami on Thursdays & Sundays																															
	Rudram chanting / learning everyday																															
	Likhitha Nama Japam (writing Om Sai Ram 27, 54 or 108 daily)																															
Meditate	15 minutes meditation: Jyothi (Light), SoHam or Name & Form																															
Pray	Suprabatham and/or early morning prayers & night prayer																															
	Family prayers once a week																															
	Attend centre/group bhajans weekly																															
Learn	Read Sai literature daily e.g. Sathya Sai Speaks																															
Practise	Healthy eating: Have a fruit daily, eat fresh vegetables & home cooked food																															
	Healthy living: Walk 20 mins every day																															
	Healthy listening: Listen to soothing music e.g. bhajans, classical music																															
	Speak softly and lovingly. Be positive.																															
	Conserve energy: Switch off lights & gadgets when not in use; conserve water																															
Serve	Practise ceiling on desires: Do not waste food, money & time																															
	Do service activities																															
Serve	Protect the Planet: Collect old newspapers/ cans/bottles and dispose them in the appropriate places provided by your local council																															

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



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