

Journey to Sai - Facilitator Notes

**This guide has been designed to help you facilitate this study circle in your respective Sai centres/groups.
It can be conducted in person or online.**

Questioning

When questioning please only ask a third of your group and then rotate so that all participants get a chance to share.

Chat box

If conducting the study circle online, the chat box is the best way to record the views and opinions of participants. Feel free to ask them to type in their thoughts where possible.





Study Circle Rules



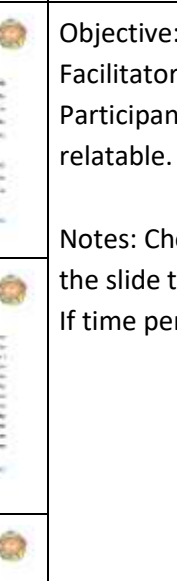
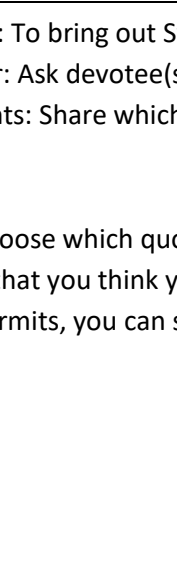
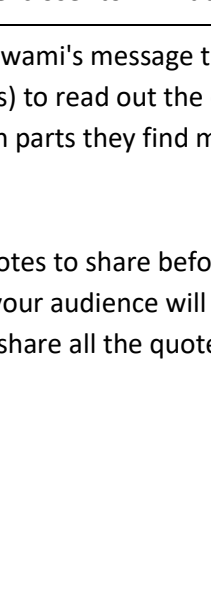
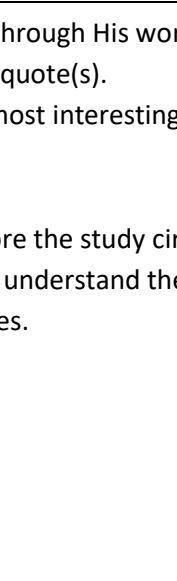
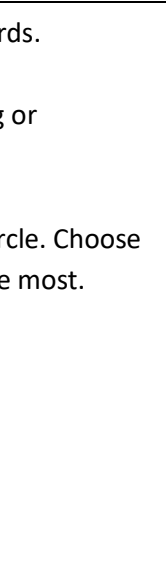
Share participant rules. Respect each other, take turns, allow others to share their views. Remember there are no right or wrong answers.







Slide Deck

- You don't have to share each slide.
- Select the quote that suit/supports the discussions.
- The 'Journey to Sai Quotes' document have the same quotes that are displayed in the slide deck.

Notes

	<p>Facilitator:</p> <ul style="list-style-type: none"> ▪ 3 AUMs ▪ The theme of today's study circle is 'Journey to Sai' ▪ Welcome all to the session. <p>Questions: -</p> <p>Participants: -</p> <p>Notes: -</p>
	<p>Facilitator:</p> <ol style="list-style-type: none"> 1. Explain that the objective of the study circle is for us to evaluate where we are on our own 'Journey to Sai' and to identify what the next step is. 2. We will do this through discussion and studying Sri Sathya Sai's discourses. 3. Share our own take home messages at the end of the study circle.
	<p>Objective: Provides an overview of the topics that will be covered.</p> <p>Facilitator: Read out each question.</p> <p>Participants: -</p> <p>Notes: -</p>
	<p>Objective: Know that He is the destination. Understand what having Sai as the destination really means.</p> <p>Facilitator: Read out the question</p> <p>Participants: To share their thoughts.</p> <p>Notes: This will mean different things to different people.</p> <ul style="list-style-type: none"> ▪ Swami is within us. HE and I are one. ▪ To constantly feel his presence.

	<ul style="list-style-type: none"> Some people will see it as an external journey (centre, programmes, pilgrimage to Prasanthi). Devotees will feel closer to HIM during their regular prayers.
<p>What Sri Sathya Sai says... (1/3)</p> 	<p>Objective: To bring out Swami's message through His words. Facilitator: Ask devotee(s) to read out the quote(s). Participants: Share which parts they find most interesting or relatable.</p>
<p>What Sri Sathya Sai says... (2/3)</p> 	<p>Notes: Choose which quotes to share before the study circle. Choose the slide that you think your audience will understand the most. If time permits, you can share all the quotes.</p>
<p>What Sri Sathya Sai says... (3/3)</p> 	
<p>Discussion : Where do we begin?</p> 	<p>Objective: From a Sadhana standpoint, how can we get closer to Sri Sathya Sai. Facilitator: Read out the question. Participants: To share their thoughts. Notes: -</p>
	<p>Objective: Confirm devotees understanding of what is meant by sadhanas. Facilitator: Show the slide and explain that these are the starting points. Participants - Notes: -</p>
<p>What Sri Sathya Sai says...</p> 	<p>Objective: To understand HIS guidance and HIM through HIS words. Facilitator: Ask a devotee/s to read out the quote Participants: Share which parts they find most interesting, relatable, may find challenging. Notes: This slide demonstrates a broader view when connecting to Swami. Understanding that Divinity is omnipresent. Swami often said, 'My life is my message', What does this mean? Explore how HE conducted himself and how that links to HIS message said, 'My life is my message'.</p>
<p>What Sri Sathya Sai says...</p> 	

	<p>Objective: Understand where we are on our current journey and identify the next steps.</p> <p>Facilitator: Read out the question.</p> <p>Participants: To share their thoughts.</p> <p>Notes: -</p>
	<p>Objective: Assessing where each of us are in the journey right now.</p> <p>Facilitator: To guide participants through each step (start at the bottom) this slide is animated.</p> <p>Participants: To discuss/share which values/characteristics can be easily applied and what is more challenging.</p> <p>Notes: To click the slide so that each step is shown one at a time OR show all steps at once.</p>
	<p>Objective: Explore where we are on our journey and what we need to work on. This is like a self audit exercise.</p> <p>Facilitator: Share slide</p> <p>Participants: To discuss/share which values/characteristics can be easily applied, which are challenging, and how to move to the next step wherever we are on the journey.</p>
	<p>Objective: To bring out Swami's message through His words.</p> <p>Facilitator: Ask devotee(s) to read out the quote(s).</p> <p>Participants: To share which parts they find most interesting, relatable and/or challenging.</p>
	<p>Objective: To encourage each participant to put into practice at least one thing they have learned from the study circle.</p> <p>Facilitator: We are all at different stages in our spiritual growth. Having gone through the study circle, what will you implement to take the next step in your journey to Sai.</p> <p>Participants: To share their individual action points if they feel comfortable doing so.</p>
	<p>Once everyone has finished sharing, summarise the discussions if time permits and thank each participant.</p> <p>Finish with Samastha Lokaah Sukhino Bhavanthu (x3) and 1 x AUM and 3 Shanthis.</p> <p>Jai Sai Ram</p>