



# Sadhana Tracker (Adult) – Zone 6 Prasanthi Pilgrimage 2025

Love All, Serve All | Help Ever, Hurt Never

\*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																															
	Daily Veda chanting																															
	Likhitha Nama Japam (writing Om Sri Sai Ram 108 daily/weekly)																															
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/Vahini series																															
Practice	Healthy eating: Have a fruit daily, eat fresh vegetables & home cooked food																															
	Healthy living: Walk 20/30 mins every day																															
	Healthy listening: Listen to soothing (sathwic) music e.g. bhajans or classical music																															
	Speak softly and lovingly. Be positive.																															
	Conserve energy: Switch off lights & gadgets when not in use; conserve water																															
	Practice ceiling on desires: Do not waste food, money & time																															
Serve	Do service activities																															
	Protect the Planet: Collect old newspapers/cans/bottles and dispose them in the appropriate places provided by your local council																															

Sri Sathya Sai Organisation United Kingdom CIO, registered in England and Wales: Charity Number 1207697

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