



## **Sadhana-A way of Life-Part 1**

**Sri Sathya Sai Seva Organisation  
Andhra Pradesh & Telangana**

## Sadhana-A way of Life-Part-1

I know that you have the enthusiasm to carry **My message** among the people of this country and the other countries. **Let Me remind you** that the best and the only successful way in which you can do it is **to translate the message into your own life. Your thoughts, words and deeds must be saturated with the message.** Then, they will be spread effortlessly, efficiently, and the face of the world will be transformed.

-Sathya Sai Speaks. Volume VIII – Page 87, dated  
17<sup>th</sup> May 1968

# Sadhana-A way of Life-Part-1

- Goals to Achieve
- Methods to achieve the Goals
- Keeping Up
- Thought process
- What Society needs
- Members Obligation

# Sadhana-A way of Life-Part-1

## Goals to Achieve

- Total Control on Tongue & Eye.
- Control on Food
- Time management
- Personal Sadhana
- Role Model (become an example)

# Sadhana-A way of Life-Part-1

## Methods to Achieve the Goals

- Nine Code of Conduct (NSGY)-Follow strictly
- Strict Personal Time Table.  
(one small rule will take you a long way-example 24 hours split)
- Compulsory meditation and spend time with Bhagawan (Prashanthi & Sai Darshan).
- Daily Bhajan (3 to 9 songs in house).
- Set your Sadhana methods -example Harathi at 9.30 am when offered at PN.

# Sadhana-A way of Life-Part-1

## Methods to Achieve the Goals

- Food Control: Have strict rules on food in-take and inculcate a disciplined life (after 40,50,60 age)
- Time allotment-we do not skip anything so allot time for Spiritual Sadhana
- Personal Sadhana-get up around 4.45-5.30, visit PN, 21 times Omkaram, Suprabhatham, meditation, Darshan of all deities.
- Chant Gayathri Maha mantra (24 types for 24 letters) during bath, Puja, know the Power of Rudra Gayathri
- Daily Bhajan, Samithi/unit Bhajan and House Harathi.

# Sadhana-A way of Life-Part-1

## Methods to Achieve the Goals

- Self-Sadhana-Divert all our Resources to the Organisation.
- Set yourself as an Example in Organisation/Society etc.
- Organisation Requires Human and Material resources and so dedicate all our available/spare time, money, material at the Lotus Feet of beloved Bhagawan (remember we are only a Trustees of HIS belongings).
- Try and make all our sincere efforts to involve all our family members in Organisation as we require their moral support.

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## Methods to Achieve the Goals

- Methods given by beloved Bhagawan are to be studied and make an enquiry of Self-Retrospect **whether we are on Right Path or not.**
- Remember we are the cause of our own Destiny so our Pure Thoughts & Love will elevate us to the Highest Levels (**chain reaction:** good thought-good action-good habits-good personality) -Good Thought is the foundation.
- Beloved Bhagawan Sri Sathya Baba's complete Teachings are placed in one sentence **"Love All –Serve All : Un-Conditional Love"**.
- If ignored we may be out of HIS Grace and Blessings (we may not notice this Natural Divine Principle).



# Sadhana-A way of Life-Part-1

## Methods to Achieve the Goals

### Points to Remember

- Sweet Talk (even if we want to say 'No', 'Not' etc.).
- Chant Gayathri Maha mantra (24 types for 24 letters) during bath, Puja, know the Power of Rudra Gayathri.
- Compulsory attendance in Thursdays & Sundays Nagara Sankirtan & Bhajans in Samithis/Units.
- Time Fixing-Do not avoid Regular Spiritual Activities.
- **3 winning principles: sincerity, consistency & skills**

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## Methods to Achieve the Goals

### Points to Remember

- Should carry Bhagawan's Literature and books with us and constantly read and make our own notes and follow them.
- Bhajan (any divine name) should be our companion.
- Smile should be our face value (this solves many questions).
- Sacrifice should be our way of expression of Devotion.
- Responsibility is God-Do not avoid but accept with smile.

***Your Vision/Goal/Thoughts .....***

***(Watch Next Slide)***

# Sadhana-A way of Life-Part-1

YOUR VISION & THOUGHTS TOWARDS



**Jai Sairam**

Presented at the Lotus Feet-D Vishnu Vardhan Rao

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