



Sai Aradhana 2020

Sairam Everyone! This is the 95th year of the advent of the Avatar. From the start of 2020, it has been an increasingly difficult time for everyone around the world! Swami says “Why Fear When I am”; so let us hand all our fears every day to most loving, benevolent, compassionate, omniscient, omnipotent and omnipresent Swami. At the same time, Swami also encourages us “to use common sense”; so let us be vigilant of the current situation, and conduct ourselves in a socially responsible manner.

We humbly acknowledge that what we are all going through today is indeed a life-changing experience. We are immensely grateful to our most beloved Swami for equipping us with the necessary tools we need to remain equanimous amidst crisis, which in turn helps us accept the circumstances we are in, and make the right decisions in these challenging times.

As Sai Aradhana approaches let us utilise the time given to us to intensify our personal sadhana of going inwards, while we pray for everyone!



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Aim:

- To use the tools Swami has given us effectively, especially at a time when we cannot have congregational prayers
- To inspire ourselves into practicing/enhancing our personal sadhana every day
- To pray selflessly for the whole world every day
- To focus with intensity not allowing our thought to drift or other thoughts to interfere
- To bring out from within the hidden potential that each of us has as an individual



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Here are a few simple things we can do on a daily basis by ourselves as a personal sadhana:

1. Meditation – To do this the first thing in the morning. It helps us connect with the divinity within, realize the unity in diversity, and sharpen our intellect. *For those who are not into Jyothi Meditation, here is a simple technique; it takes less than a minute. Details in next page.****

2. Namasmarana – Choose one or more- To chant “Om Sri Sai Ram” every day whenever convenient or whenever fear or worry creeps in, thus handing our fears to our beloved Bhagavan. Chanting/listening to Rudram, Gayatri Mantra, and/or singing/listening to Bhajans every day also helps.

3. Reading Sai Literature – Choose one or more - To make sure we read/contemplate on Swami’s teachings through the Vahini series or Sathya Sai Speaks hardcopy or online, in order to deepen our understanding of His teachings and to keep that faith up and strong (*Sai Inspires from Radio Sai is a good place to start*). Contemplating on just one quote every day for a week is good enough too. Swami says only if you dig deep in one place will you find water; digging shallow everywhere doesn’t help.

4. Maintaining Good Health – To eat healthy saatvic food, and get some basic exercise at home or go for a walk/jog while maintaining social distancing

5. Being Vigilant – To conduct ourselves in a socially responsible manner (*as per the advisories from our Government*)



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*****A Simple Meditation combining Light and the 3 potent mantras/prayers:**

Light- Swami says that light is all-pervading thus representing divinity, has the power to purify, can be seen and hence easy to visualize

Sohum Mantra- Apart from serving as a reminder that “I Am God”, Swami says that Sohum mantra regulates breathing, enhancing good health

Gayatri Mantra- Swami says that it is a greatly protective, preventive and curative mantra in all ways

Samasta Lokaah Sukhinobhavantu – Swami encourages us to pray for the well-being of the Universe, which in turn, confers greater blessing on the one who prays



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Meditation Technique:

1. Sit as straight as your body allows, either on a mat or a chair.
2. Mentally chant “So” as you breathe in and “Hum” as you breathe out 3 times to regulate your breath.
3. Mentally chant Gayatri Mantra once as you visualise a powerful light from Swami entering through your forehead into your heart.
4. Like the sun spreads its rays, spread that light from your heart to your whole body simultaneously as you continue mentally chanting Gayatri Mantra two more times.
5. Take the light out from the top of your head chanting ‘Samasta Lokaah Sukhinobhavantu’ thrice, as you send the light to your loved ones and subsequently spread it to the whole world.



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The time given below is only for reference- to let us know that this whole process takes under 1 minute (54sec).

So=2sec, Hum= 2sec;

Sohum=4sec x 3 = 12sec

Gayatri Mantra x 3 =

9sec x 3 = 27sec

Samasta Lokaah

Sukhinobhavantu x 3=

5sec x 3 = 15sec

Total time= 54sec

You may choose to extend the time of meditation or you may do it more than once a day based on your comfort, convenience and inspiration. Let us not focus on the duration or the number of repetitions- it is free and easy, as long as we are able to keep our focus. The intensity is more important than the duration. Intensity gives power to the sadhana like how the rays of the sun when focussed through a piece of broken glass can cause a huge forest fire. The greater the intensity the more effective it will be.

We sincerely hope that the recommendations are easy and sustainable for everyone. The idea is to inspire ourselves to follow a sadhana plan without getting stressed about it, else it defeats the purpose. So let's start now! For further queries kindly contact Sis Padmashree @98223364.