

Sadhana Aradhana

2 0 2 6

Your spiritual heart is a treasure trove of God's most valuable gifts. It is a storehouse of unconditional love, boundless compassion, unending forgiveness and eternal peace. It seeks joy in loving and giving. And, the underlying support is the truth of My Presence within you.

– Baba

Obeisances, Worship, Adoration. And...reciprocal is the flow of Grace - abundant and incessant. A wonderful, unending saga between Creator and creation. Our sadhana, our spiritual endeavour, should also continue thus - a soft breeze forever caressing the tender Lotus Feet. May we strive on through each moment to be a source of joy to parched hearts, even as Bhagawan is to ours. It is Bhagawan's Prema that enlivens all life forms. Knowing ourselves to be the exotic fragrance of His Compassion, let us flow forth to Love and Serve all beings...making it the most earnest offering, reflecting true dedication and reverence, the most loving, ardent, impassioned obeisance.

Samastha Lokaah Sukhino Bhavantu...

Samastha Jeeva Sukhino Bhavantu...

Santushti For Samastha Shrishti...

Jai Sai Ram

Smaran, Shuddhikaran, Jagran
...Contemplate, Purify, Awaken...



Sadhana Aradhana

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March 25 – April 24

A Period of Giving and Forgiving,
Being and Becoming, Transcending
and Transforming...

Self-inquiry is very essential. It makes
everything else easy to understand.

If you think you are separate from
God, you can never merge.

- Baba



*If you cleanse and purify yourself,
you may be anywhere but you
belong to Bhagawan.*

- Baba



The awakening of man begins when he discovers his own identity and at the same time, he begins to recognise the identity of all around him, for all are one, all are Divine, all are part of the Whole and I am that Whole. I am there now residing in the heart of each one of you, but few of you realise it and even fewer experience the divinity that is within.

- Baba



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March 25 - April 24

At the Petal-Soft Lotus Feet of that Ocean of Consciousness, that Cosmic Source of Love, Light, Auspiciousness, Truth, Beauty, Bliss and Inspiration... Who came by as Bhagawan Sri Sathya Sai - to 'that' Supreme Essence, an inspirational offering brimming endless adoration.





Avatar Vani

MESSAGE OF THE AVATAR

The Upanishads exhort you to march on to the ultimate goal. They address you as Children of Immortality. Try to deserve that honour, to achieve that height. Learn to use all your skills, all your intelligence, all your time for attaining that victory. You are Gods in human form, for only Gods can be immortal. You are embodiments of the Divine Atma. Immortality is not attained through action, progeny or wealth. It is attained only through sacrifice.

– Baba

Smaran...Shuddhikaran...Jagran...Contemplate, Purify, Awaken...

Isn't it time for us to not only recollect the Words of the Avatar...but to remind ourselves of our own truth that we are Embodiments of the Divine Atma, Divyatmaswarupulara, as Bhagawan often referred to us? When we recall, reminisce and contemplate upon the sacred words, constantly dwell upon our holy truth, are we not drenching in the purifying waters...the dhara of shuddhikaran...through the gushing waterfall of Smaran? Then the light within, hitherto obscured by the tryst with worldly pursuits, glows bright and beautiful, heralding the dawn of an awakening, shaking us at last into a Jagran!

Beyond separation, at long last...a jubilant ending for the story of the wave and the Ocean.

Prelude

*In this Cosmic Drama,
As any one of the lakhs of species,
Umpteen times haven't we been born...
...and reborn?
Then,
Now that we are blessed with a human form,
Should we not pause and sigh -
What, when, how, who and why?
What am I, Why am I? Who am I?
When, where and how do I start to unravel the truth,
And thereby wholeheartedly comply?
Attachment to the body, to all things transient,
How can I nullify?
Aren't the words of the Beloved Master,
The precise stimuli?
Time enough to recall, contemplate...
...purify, awaken,
Smaran, Shuddhikaran, Jagran...
Alas, should we allow another lifetime to pass us by,
Even after having received...
...the most Supreme Benediction,
Of having lived at the same time,
As the greatest Avatar - Bhagawan Sri Sathya Sai?*

Cause A Stir...Commence A Divine Venture... Become A Cosmic Entrepreneur – A Masterpiece Of The Master's Peace

This is an invitation from the self within to those who, up until now, identify with the body. All of us! Consider this as a personal invite to join a thirty-day Master Class – gain a shift in perspective from *deha buddhi* to *atma buddhi*.

It's free. To be held on all days. Join in at any time from dawn to dusk or dusk to dawn...merits earn, transform, don the coveted uniform of a Universal Server, be assured of the role of a **Cosmic Entrepreneur**.

Host: The Supreme Personality of Godhead, the Lord and Master Himself, the Hrudayawasa of all – **Bhagawan Sri Sathya Sai Baba**.

Link: Present in the heart. Yearn deeply and click on it – with a burst of luminescence...it opens a direct connection to the Almighty.

Hint of Final Analysis – The outcome is a game-changer, adapting to your true identity with refined confidence, spontaneous acknowledgement of your divinity -

I am a Cosmic Entrepreneur. I am a conduit for the flow of Divine Joy and Peace. My enterprise is to Love All, Serve All. Help Ever, Hurt Never.

Role Model: Bhagawan Sri Sathya Sai Baba – the Cosmic Master Himself and His Associates - Five Elements, Sun, Moon, Mother Nature, Mother Earth, Veda Mata.

Master Class Language: Language of the Heart.

Investment: Time and Love.

Profit: *Trikarana Shuddhi*. Past experiences – *anubhav*, *samskaars*, *vasanas*...get washed away, only an unquenchable thirst – *trishna*, remains for experiencing the divine within as well as in all beings.

Goal: Awaken to Universal Divinity, Oneness, Be aware of own divinity and serve that divinity to all, Contentment, Live to serve the Self in all.

Target: Attract the serenity of the mountains into the noise of the material world, replace the clamour made by desires with the calming music of Nature.

How: Nishkaam Karma - Nisswarth Seva. Narayana serving Narayana, from the mundane to the meaningful, from focus on results to satisfaction in action alone.

Tools: 1. Faith and Patience...on the Sea of Existence, ever so stormy, the oars of the boat are Shraddha and Saburi.

2. Discrimination and Renunciation. Vedantic Awareness reflects that four things are common between animals and humans – food, sleep, desire to procreate and fear. Only humans are blessed with the fifth, which is intellect - use *vivek* and *vairagya* to transcend.

Reward: 1. Power to cross the *bhava sagar*. This power is to be reinvested in the blessed Cosmic Duty - Love All, Serve All, respond to that Divine Call, set an example with actions that benefit all beings. 2. Through virtuous conduct, become a *shrestha achhaar* person. 3. Alignment of personal frequency to the rhythm of the Universe.

Award: Divine Grace of *Atma Bhav*, *Samatvam*, Independence from any external dependency - *atmaneva santushti*, *Ishwar Prapti not through material offerings*, rather, through helping the helpless.

Grand Finale: Awareness of -

I serve, I receive, and I am that which is being served,

I am a **Cosmic Entrepreneur**...

A Magnate of selflessness,

A Magnet that charms Infinity,

I am made of Celestial Substance...

Above all that is commercial...I am Eternal...

I am the Light of the yonder Stars,

I am the Effulgence of the Sun,

I am the calm, silvery rays of the Moon...

...the water of the rivers,

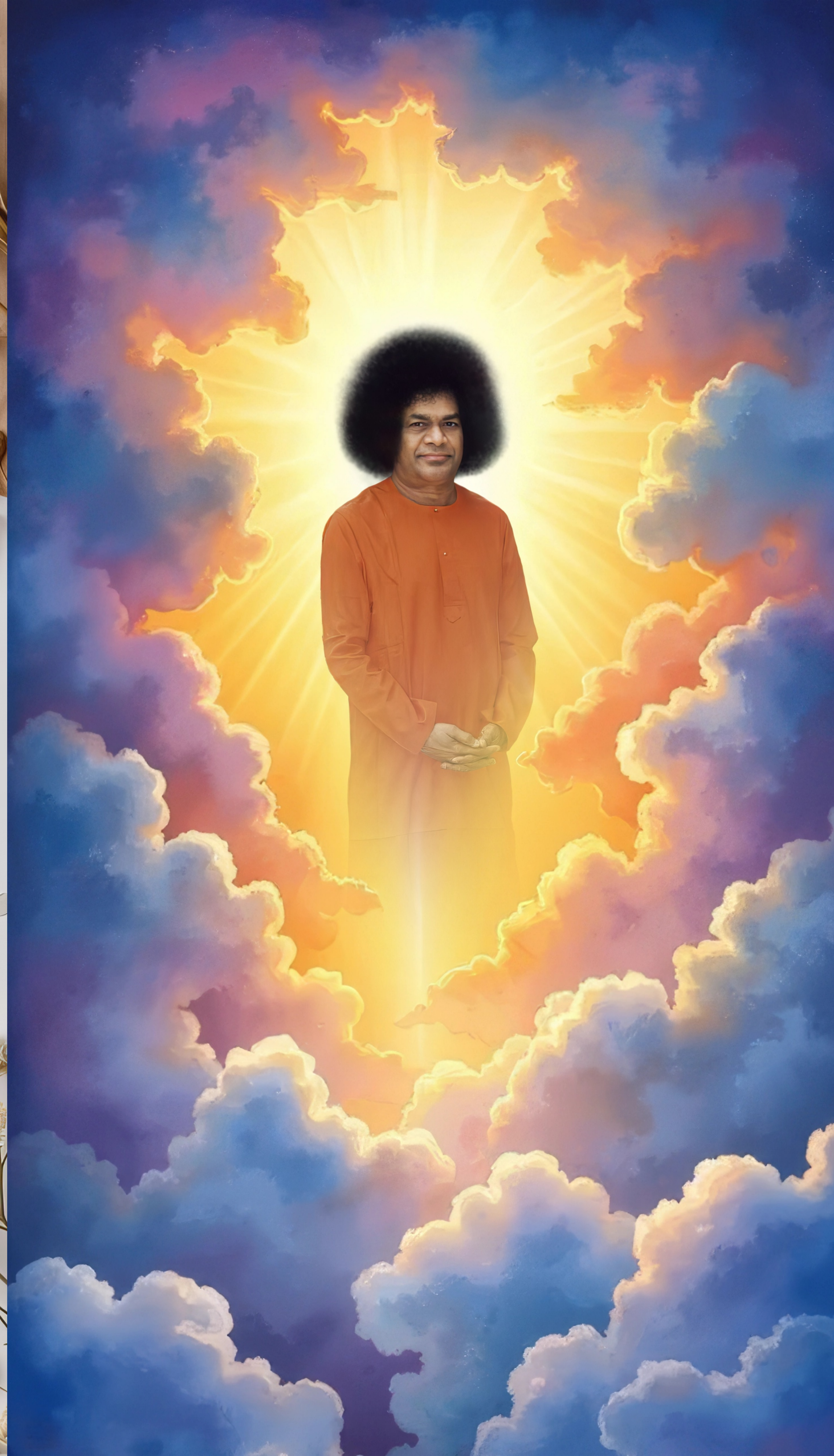
...the breeze that caresses the leaves...

I am I, I am I, I am Sai...

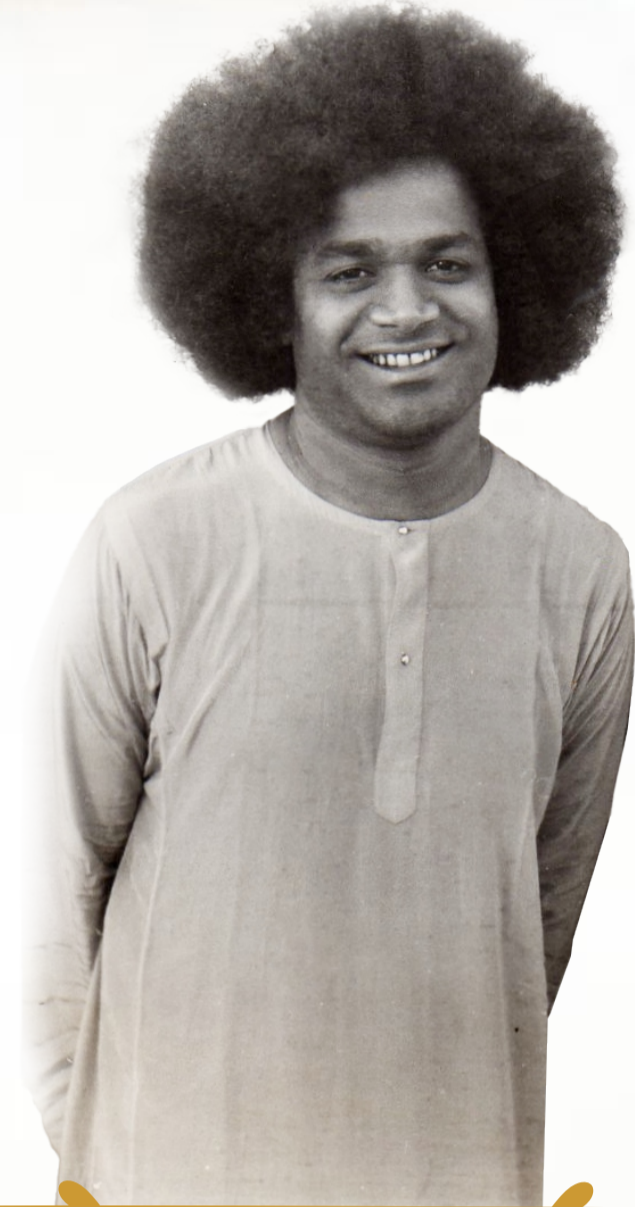
Sai – The Supreme Absolute Infinite...



ॐ सर्वे भवन्तु सुखिनः ।
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु ।
मा कश्चित् दुःख भाग्भवेत् ॥



DAY 1
MARCH 25

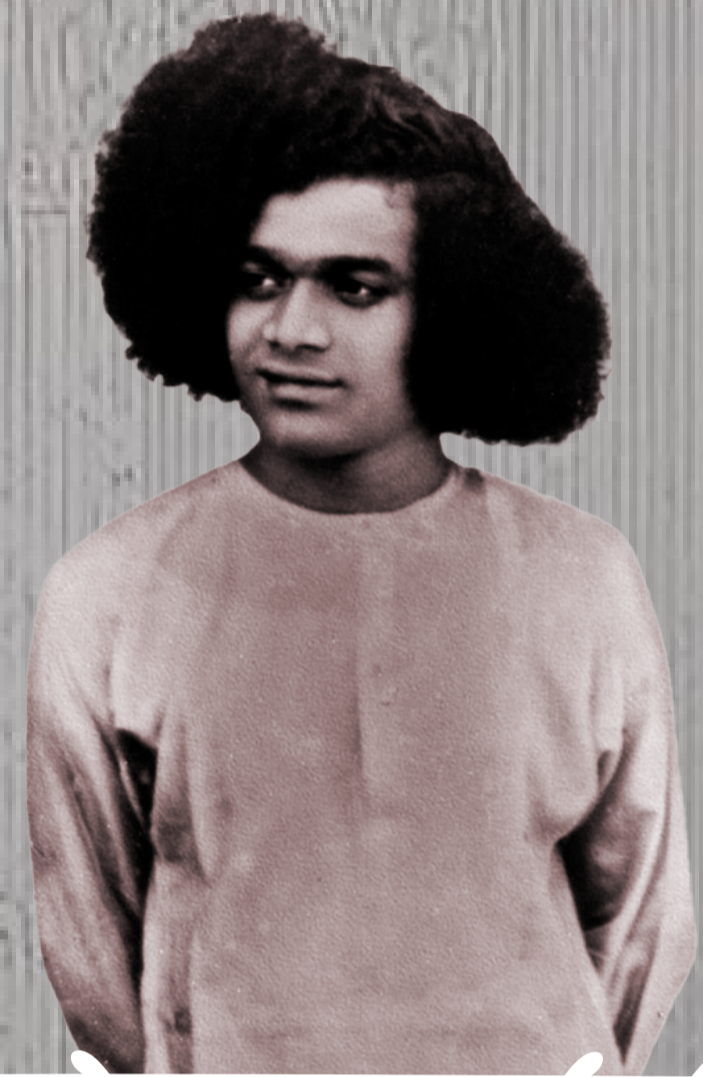


Ek Baar Kshama Karo Sai

Man must realise God, see God, feel God, talk to God.
This is his religion. – Baba

*Meherbaan Tu, Meher Bhi Tu, Mera Ishq Bhi Tu, Mera Naaz
Bhi Tu, Preetam Bhi Tu, Preet Bhi Tu, Sakha Bhi Tu, Mera Sai
Bhi Tu...*

- Shall we commence the Aradhana Month quest for self-purification, upliftment and awakening with a plea for forgiveness?
- For the time that we have allowed to slip by. For the tardiness and procrastination, pushing away the constant prompt of the true destination.
- For continuing to be bound by the body-mind-complex.
- For not making an earnest resolve and being committed to it, a '*khand, khand*' approach, instead of an *akhand* approach. For ignoring the two-fold ultimate benediction – human birth and living at the same time as the Avatar. For not even trying to grasp the purpose of the Advent Divine.
- On this first day of Sadhana Aradhana dedicated to our Cherished Hrudayawasa, that Ever-Present Resplendence in our heart - Beloved Bhagawan, after intensely seeking forgiveness...let us solemnly - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...



Joyful Greetings on this sacred day of
Sri Ram Navami!

Where Do We Begin?

DAY 2

MARCH 26

When man respects his human character and realises his obligation to discover his divine nature, the divine in him will manifest itself. -- Baba

Antarjyoti Jalao Sai...Shiva Shakti Mayi Krupa Karo...Sai Jagat Janani Krupa Karo...

- We begin by looking within!
- Introspect, inspect, review the journey of life - long overdue.
- Set time aside to face a tough and honest inner interview, dislodge the well-cemented façade, the mask of pretence and face-the-face in the mirror.
- What do I owe my Lord, my Soul? Am I content to live in this *chakravyuh*? How long am I going to remain caught in the material milieu?
- It's question time! Are we earnestly opting to elevate our fate, to break free from the cycle of transmigration, or are we just being swept away by the deluge of *samsaar*?
- *On this day of Sadhana Aradhana dedicated to our Beloved Bhagwan, let us make a reel of our life and review where we are placed. Praying thus - Sweet Lord, may I forever abide in Thee...let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 3

MARCH 27

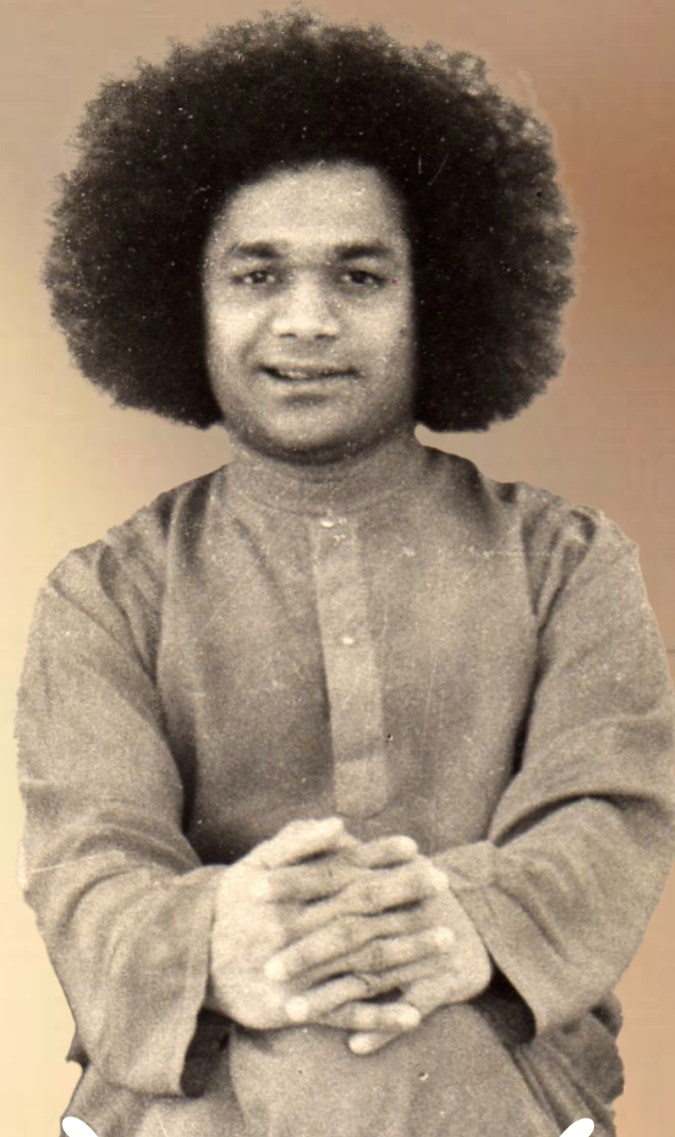


In Stillness...
Instil The Will...
Sathya Sai
Sankalpa

Derive joy from the springs of joy within you and without you; advance, do not stand still or recede. Every minute must mark a forward step. – Baba

Anandamaya Bhagawan...Hey Premamaya Bhagawan...

- The will...the resolve to rise above...is the turning point.
- Can we make a steadfast resolve when the mind is in a whirl, the body caught in the swirl of tasks, the quicksand twirl of mundane activities?
- To make a *sankalp* for our own evolvment, for an infinite involvement with our Higher Self, shouldn't we create a space for divinity to prevail through physical, mental and emotional stillness?
- On this day, shall we step back from rushing about, so too, from indulging in mindless conversations, from association with people or objects of senses which only furthers our entanglements with desires...the unfulfillment of which gives rise to *krodha*? Instead, shall we unwaveringly choose a time convenient and conducive to elevate the way we live, and be determined to pursue our resolve? **Do not delay in the path of right action. - Baba**
- *Let's deepen our understanding of Bhagawan's Advent and intensely - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



Realign Mind With The Divine...

DAY 4

MARCH 28

Dualism makes us blind to the truth. Develop the feeling that you and I are one and consider the Universe as the form of God. – Baba

Mann Mandir Mey Aao Sai... Mann Ke Gehre Andhiyare Mey Sai Naam Diye Jaisa...

- The mind remains forever tossed in recollections or apprehensions, swinging like a pendulum between the past and the future. Let's recreate, reshape, remodel with the Divine Buddy within! Ascend from the dominance of ignorance, turmoil and turbulence to tranquility, to calm in abundance, from cyclone to Sai Clone!
- Today, let's fill the mind with affirmations...*yad bhavam tad bhavati*, we become what we think...it's up to us - to rise, remain stagnant or sink.
- Beloved Bhagawan bequeathed these affirmations for our elevation - **I am God; I am not different from God; I am Satchidananda Roopa; I am the imperishable Atma; grief and anxiety cannot affect me; I am ever content, fear can never enter me; I am Omnipresent, Omniscient, Omnipotent.**
- With every heartbeat, let's repeat, tweet, retweet, post, repost...these statements in the platform of our mind and awaken to our true nature.
- *Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 5 MARCH 29



Disengage, Re-engage... In An Inner Pilgrimage

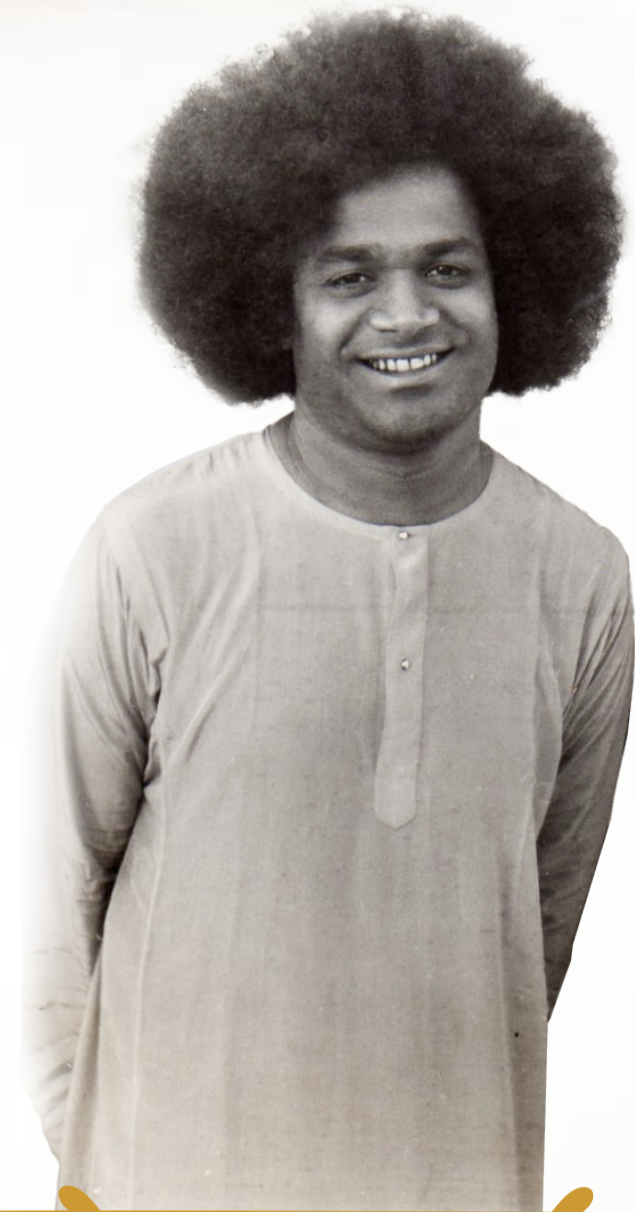


The real temple for man is his heart, but forgetting this fact, man goes after temples outside. The fire in the matchstick will be seen only when it is struck. Likewise, God can be realised only through spiritual effort. – Baba

Antar Jyot Jalao Sai...Brahma Sanatani Krupa Karo...Daya Karo Hey Poorna Jyotir Mayi... Jeevan Jyoti Tum Ho Sai...

- This inner pilgrimage requires no physical effort, no funds, no transport, no cancellations due to inclement weather. **Intention, Invocation, Benediction.**
- We only need to quieten the landslide of thoughts through rhythmic breathing. For this, through the hullabaloo of material living, the *samsara chakra*, we must post-haste allocate some time and space for ourselves.
- Today, shall we allow the flow of our breath to take us on an inner sojourn to 'that' serene, sacred temple within, effulgent and aglow with an eternal flame? Let's create our own everlasting 'aha' moment and commit to it.
- Let's melt into this luminescent '*akhanda antar jyot'*...that represents our Hrudayavasa, our Precious Lord, and be overwhelmed and refreshed by a feeling of Oneness. Being enchanted by the radiance of this communion, let's beseech –
- *Hey Paramatma, O! Beloved Supreme Soul, let Thy Love flow to me and through me to all beings around me. Saying thus - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 6
MARCH 30

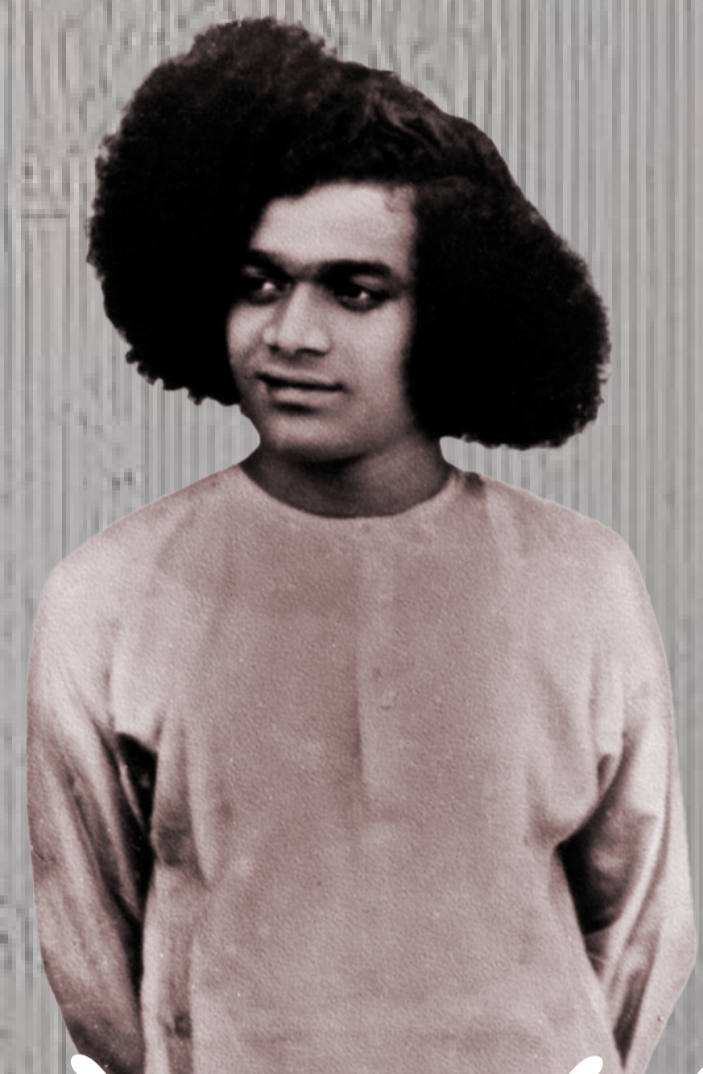


Interrupt Preyas... Choose Sreyas

There are two competing factors in this world. One is Preyo Shakti (force that promotes a material outlook or tendency), and the other is Sreyo Shakti (one that promotes a spiritual outlook or tendency). – Baba

Meray Sai, Meray Sai...Sabke Palanhare, Sabke Ek Sahare...

- Bhagawan, as Sri Krishna, in the Bhagawad Gita describes actions motivated by these two *shaktis* as *paradharma* and *swadharma*.
- *Paradharma* relates to actions driven by the dictates of the mind and senses...leading to the binding grip of extravagant self-indulgence.
- *Sreyo Shakti* is the compelling force behind *swadharma*, where *swa* is connected to the *Atma*, and actions performed in harmony with the nature of the *Atma*. Incomparable is the bliss derived from mergence in the Divine. **Inclination and determination lead to an addiction for elevation!**
- Bhagawan firmly states that time lost in wasteful pursuits can never be got back by any means. While *preyo shakti* can secure fleeting pleasures, *sreyo shakti* can earn God's Grace for us.
- *Today, let's attract an enlightened way of living, select sreyas shakti, fulfil our swadharma...Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



Love, Joy and Metta - a wish for true happiness for all...on this sacred day of Sri Mahavir Jayanti!

Ahimsa Paramo Dharma...

DAY 7

MARCH 31

The flower of Ahimsa is the first of the eight flowers you should offer God. Non-Violence means not causing harm to any creature in thought, word and deed. True Ahimsa means avoiding the pollution - negative thoughts and actions, that harm oneself and others. - Baba

Koi Bhi Naam Japo Re Manva...Ishwar Prem Hai... Hey Yuga Yuga Ke Avatar...Sab Ko Sanmati Do Bhagawan...

- Awarding respect to Lord Mahavir's core message of universal compassion and equal reverence for all life forms, let us purposefully log in to the website - **Ahimsa**, on this day and every day. Ahimsa in thought, word and deed. **The password to open this site is 'Be Kind, Be Human'.**
- Let's share this link with friends, family, associates and all whom we meet.
- Our spiritual progress is completely linked to the extent our heart is softened with love, tolerance, compassion, understanding, offering help without hesitation - spontaneously, without any bias of caste, creed or species. This is *dharma*. Bhagawan firmly specifies - **All the violence in the world today is due to the fact that people do not lead righteous lives.**
- Shall we pledge to human traits and participate in a ceaseless reaching out with selfless love to ourselves, fellow humans, animals, trees, every day?
- *To give is to live; giving signifies uplifting living. Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 8

APRIL 1

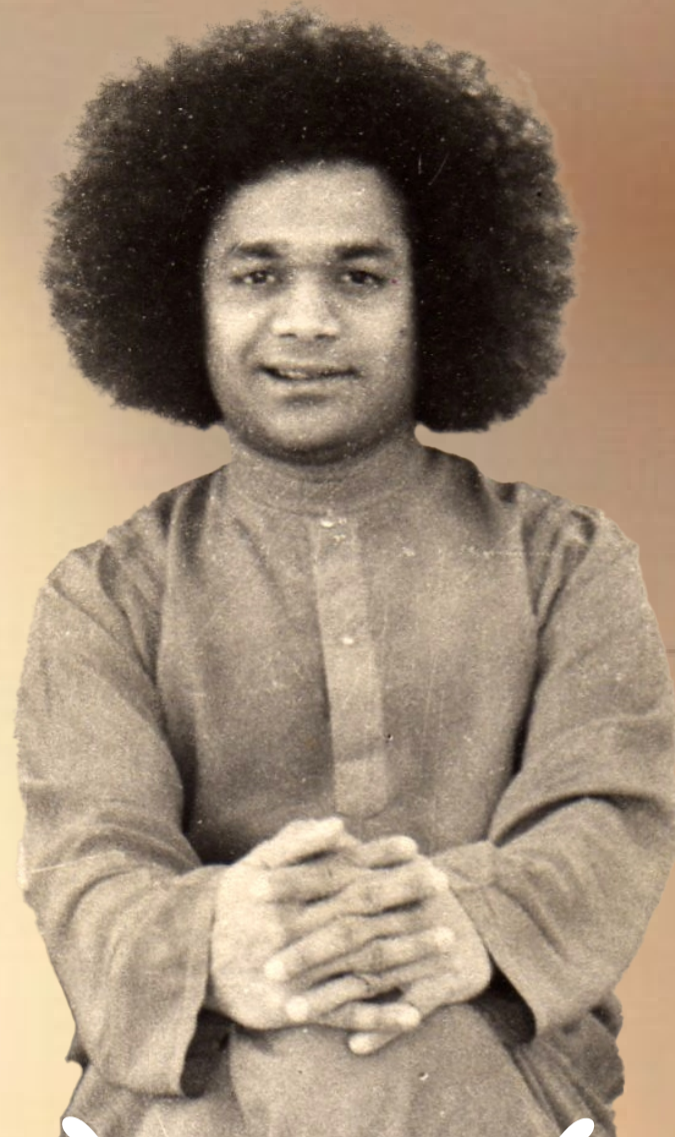


Prakrut Purush Or Sanskrut Purush...?

In all the nine paths of devotion, the surrender of mind is important. Sravanam, Kirtanam, Visnu Smaranam, Pada Sevanam, Vandanam, Arcanam, Sneham, Dasyam, Atma Nivedanam. That surrender is necessary. – Baba

Antaryami Sai...Poorna Brahma Avatari...Gopala Leeladhari...Hey Gopi Mann Vihari... Tera Naam Ek Sahara...

- There is an outward journey and an inward journey. The outward journey needs to be linked with the inner...to negate stagnancy, to add fragrance, zest and balance to the journey of existence.
- The external journey has an end, but the inner leads us to become eternal.
- *Prakrut or Sanskrut?* The actions of a Prakrut Person are driven by instincts, fascination with the material world, endless involvement with desires and sensory pleasures.
- The Sanskrut Person, however, is focused on inner wisdom, transcending material attachments, being propelled by the *atma* and spiritual sadhana.
- *Today, let's make a choice – Prakrut or Sanskrut...? Define, blend, refine our journey from material engagements to a spiritual awakening through devotion and self-discipline...and then - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



*Joy to all on this sacred day of
Sri Hanuman Jayanti!*

Bhakt, Bhakti, Bhagawant, Guru

DAY 9

APRIL 2

You think that this is the first time I have known you.
But I have known you over the last several lives, and
that is why you are here with Me now. – Baba

*Ram Charan Sukhdayi Bhajore...Sai Nath Ke Charano Mey
Aakar...Jeevan Saphal Banao Re...*

- *Bhakt, Bhakti, Bhagawant, Guru...Chatur Naam Bapu Ek...devotee, devotion, God and Guru may appear as four, but in reality they are One!*
- On this day, seeking blessings while recalling the superlative and transcendental devotion of Lord Hanuman, shall we attempt to follow suit?
- **God obsession to the exclusion of all else!** This is the only obsession that has no ill effect of any kind, doesn't bind us in the unretractable grip of *samsaar*, grants relief and release from all kinds of attachments and entanglements, elevates our lifestyle and enhances spiritual progress.
- Along with ultimate faith, loyalty, humility, let's try to emulate Hanumanji's unwavering conviction in the Divine Name, the basis for His strength, intelligence, courage and power, which won Him Oneness with Sri Rama.
- *May we strive on, ever ready to follow the Master's bidding, and thus try earnestly to become Sri Sai Rama dootas too - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 10 APRIL 3



The Turbulence Of Chinta, The Calm Of Chintan

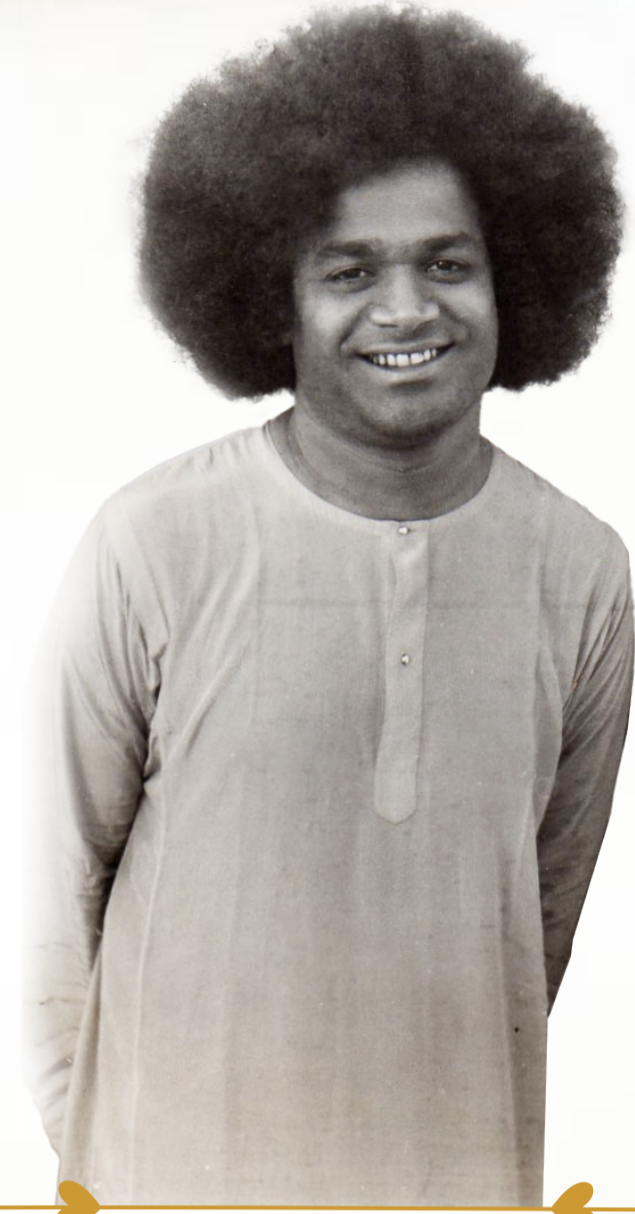


Obstacles that come in the way are often treated with a certain amount of resentment by the pilgrims on the spiritual path, but these tests are to be treated as ensuring safety. – Baba

Yesu Pita Prabhu Tu... Buddha, Mahavir, Yesu Sai... Rama Sumira Mana...Rama Sumira Mana...

- Chinta drags us down, *chintan* uplifts us and grants clarity to our path.
- Today, let's honour **Good Friday** and do *chintan* on the three statements which illustrated the Journey of Christ step by step, a divine example for all of us to emulate and arise into an awakening – **I am the Messenger of God; I am the Son of God; I and My Father are One.**
- Forgiveness, Love, Compassion, Selfless Service, Sacrifice, no desire for personal gain, the benefit and upliftment of all life forms being the sole goal, *sukha-duhkhe samey kruthwa labhalabhau jayaajayau* (BG 2.38), thus, did Jesus live a life of a true *karma yogi*, unaffected by the ups and downs.
- Through bhajans, constant communion and deep absorption on the Holy Names, let's dedicate...offer our lives as a walking Holy Shrine to the Divine.
- *Sarvada, Sarva Kalesu, Sarvatra, Hari Chintanam... Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 11
APRIL 4

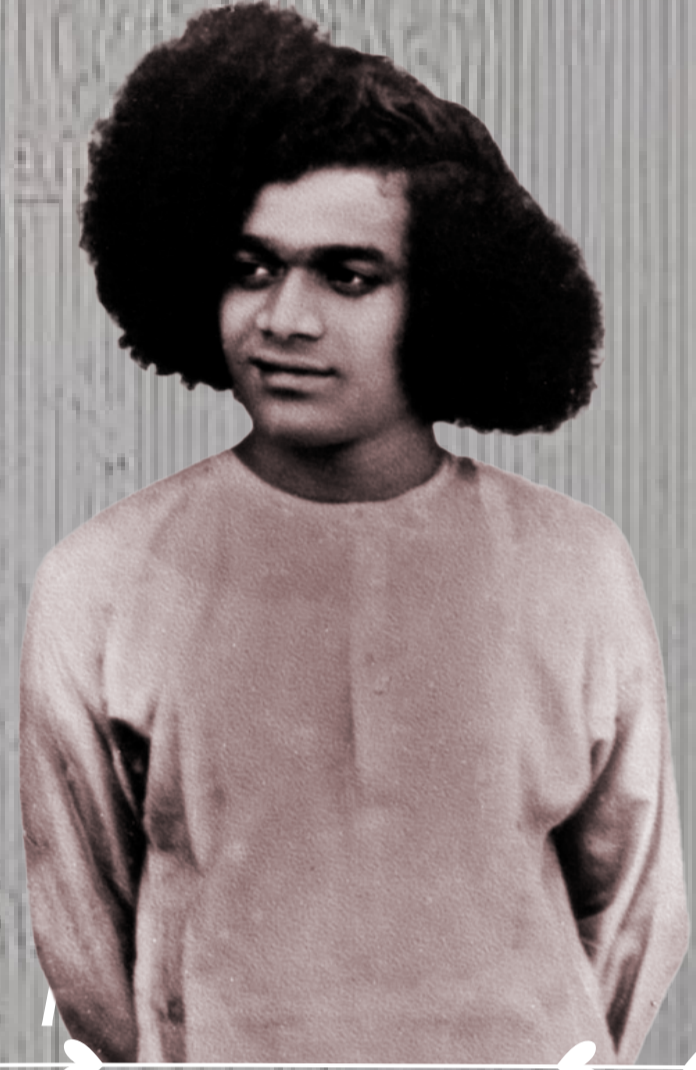


**Shradhavan
Labhate
Jnanam...
Sanshaya
Atma
Vinashyati...**

The man of faith acquires supreme wisdom...the doubting soul perishes. - Baba

Sai Charan Sukh Dayi Mann...Aao Bhagawan Deejo Darshan...Bas Jao Sai Mann Mandir Mey...

- Dedicating this day to **Shraddha and Saburi**, let's understand and imbibe Beloved Bhagawan's lucid explanation as regards the above two phrases.
- The first tells you that the person who is steady in faith gains knowledge of the path of liberation (*atma jnanam*), and the second warns against the sinister consequences of doubt - destruction, downfall and defeat, life imprisonment in the web of maya.
- Bhagawan clarifies - Doubt leads to doom and spiritual ruin. Dwell on these axioms and practice the spiritual discipline of your choice. Sadhana - spiritual effort of karma...and upasana - action and worship, lead to jnana.
- Reaffirming faith in ourselves and our Master, seeking the boon of patience, let us surge forth towards victory in the battlefield - the Kurukshetra, of life.
- *Arjun could win only because of his faith in Sri Krishna, reposing supreme shraddha in Beloved Sai Krishna, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



Dehi To
Daivam...
AI To S A I...
From
Artificial To
Heartificial

DAY 12

APRIL 5

The one who is leading such an artificial life, how can he have human values? – Baba

Sai Rehem Nazar Karna...Jana Tumne Jagat Pasara, Sab Hee Jhoot Zamana...

- Dehi and Daivam, the story of the waves and the ocean, the rays and the sun, formless to form and form to formless...the chapters enlisted thus in this story have known innumerable yugas. Daivam to dehi, now back to Daivam – the return journey!
- We were formless too till the genesis of creation, and then started the travel through the vast diversity of life forms, *chorasi laakh/84 lakhs* of species, till this gift of a precious human form. Should we let it go to waste?
- Any and every kind of restlessness is a restlessness to know God, our own divinity, our inherent truth. No amount of external indulgences will bring any lasting peace to this constant inner disquiet. Only *AtmaJnanam* can.
- Today, let's glide away from the artificial outer show, be drawn to the glow within with each breath. Be divine and serve that divinity to self and all!
- *Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 13

APRIL 6

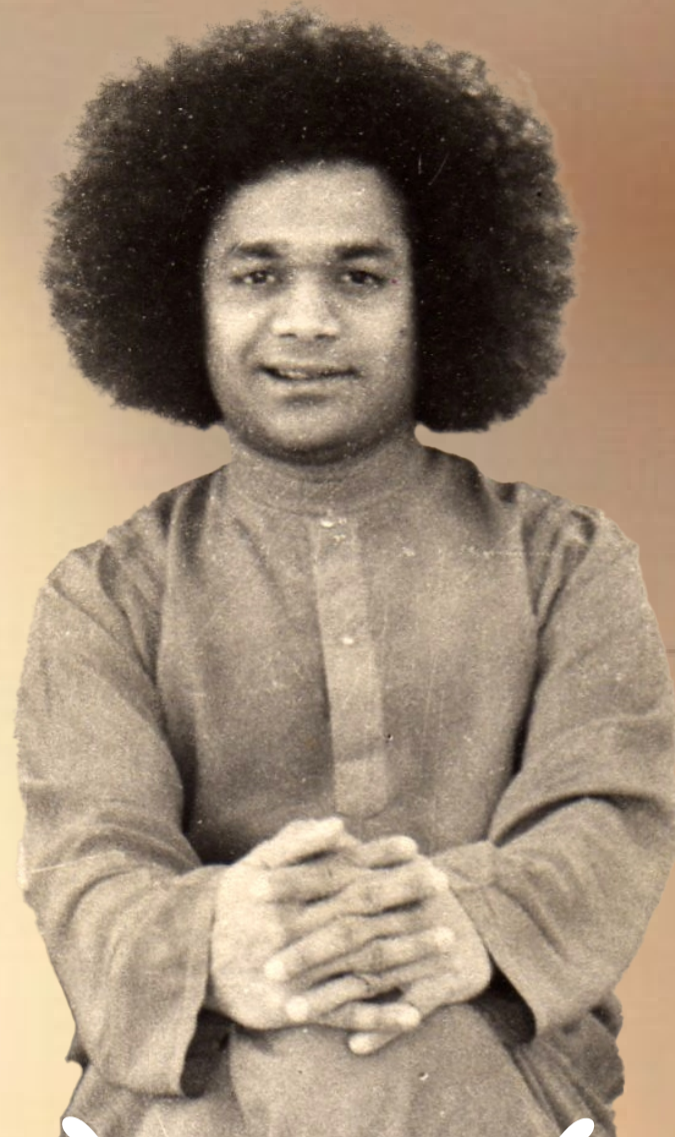


Chant the
Cosmic Prayer –
Samastha
Lokaah
Sukhino
Bhavantu

Even though God may appear to be involved in so many activities in the world, it is verily for the pleasure of His devotees. He has no desire of His own. He has only one desire – Samastha Lokaah Sukhino Bhavantu. – Baba

Brahmanda Nayaka Baba...Parthipurieshwar Baba...

- On 31st August 2008, Bhagawan adapted Lokah Samastha (all beings in this planet) into Samastha Lokaah Sukhino Bhavantu...to enable us to awaken, be aware and envelop, not only our lokaah or planet with love and goodwill, but to extend and emit kindred feelings that include and embrace all embodied or disembodied beings in all the planets, the Cosmos through.
- *Samastha Lokaah Sukhino Bhavantu* - a chant wholesome, selfless and far-reaching. Nations at war, total disregard for Mother Nature in the name of progress, disrobing of forests, atrocious human suffering, dreadful animal cruelty, the list is endless. This chant seeks peace and goodwill for all.
- Today, shall we allow this mantra to stream out with every breath, whether at work or leisure and enrich and be enriched by the energy that it exudes?
- It is a mantra so very dear to our Cherished Lord, Who set an example for us all to emulate through His all-expansive, limitless, selfless actions.
- *Pleading Grace from Brahmanda Nayaka for all - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform... through Smaran, Shuddhikaran, Jagran...*



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Raise Consciousness Through ARK - Acts Of Random Kindness

DAY 14

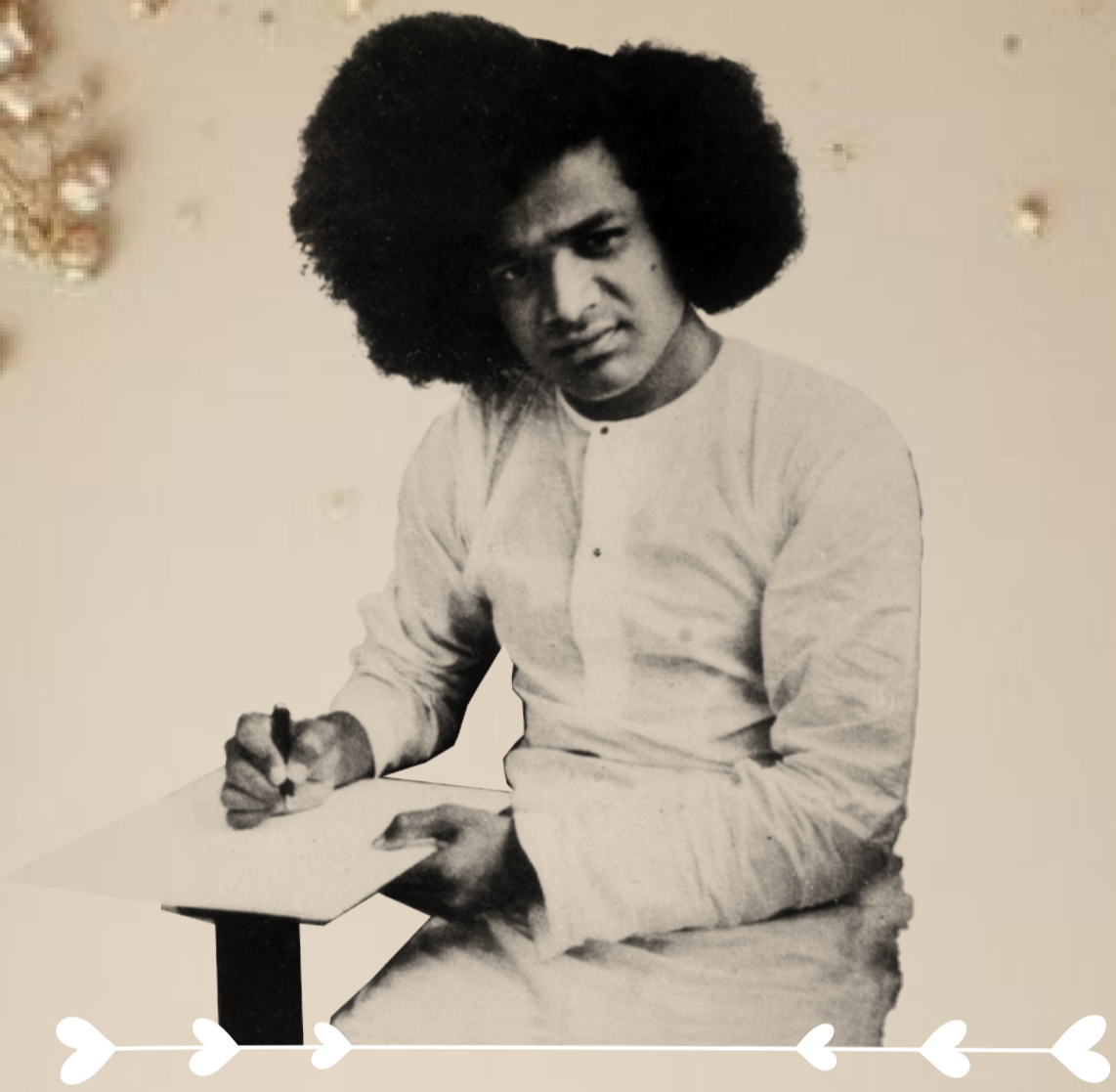
APRIL 7

Remember, with each act of love and service, you are nearing the Divine Presence. – Baba

Karuna Sagar, Prema Swaroopa... Prana Sakha Bhagawan...

- There are regular, planned seva activities, and then there are spontaneous acts of random kindness. Set aside this day to knock on the door of ARK.
- Requirement - Be alert, aware, sensitive, full of care and ready to share.
- The range is vast and amazingly purifying, and the joy makes the heart sing. Though ARK has no personal agenda, it is a huge stress buster, serving as the ultimate wealth for mental health.
- From a bright smile, to a listening ear, to running an errand for the elderly or one who is sick, to speaking up for animal cruelty, to watering a dry plant, to feeding the birds, to quietly being there for one who is facing a stressful time, to paying another's medical bill, to buying provisions for someone in need, to donating newspapers, old sheets to animal shelters, stopping the car to allow people to cross the street, the list is a ray of hope.
- *Then, expressing - Sai Maa Iti Samarpayami, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 15 APRIL 8



Samastha Jeeva Sukhino Bhavantu...

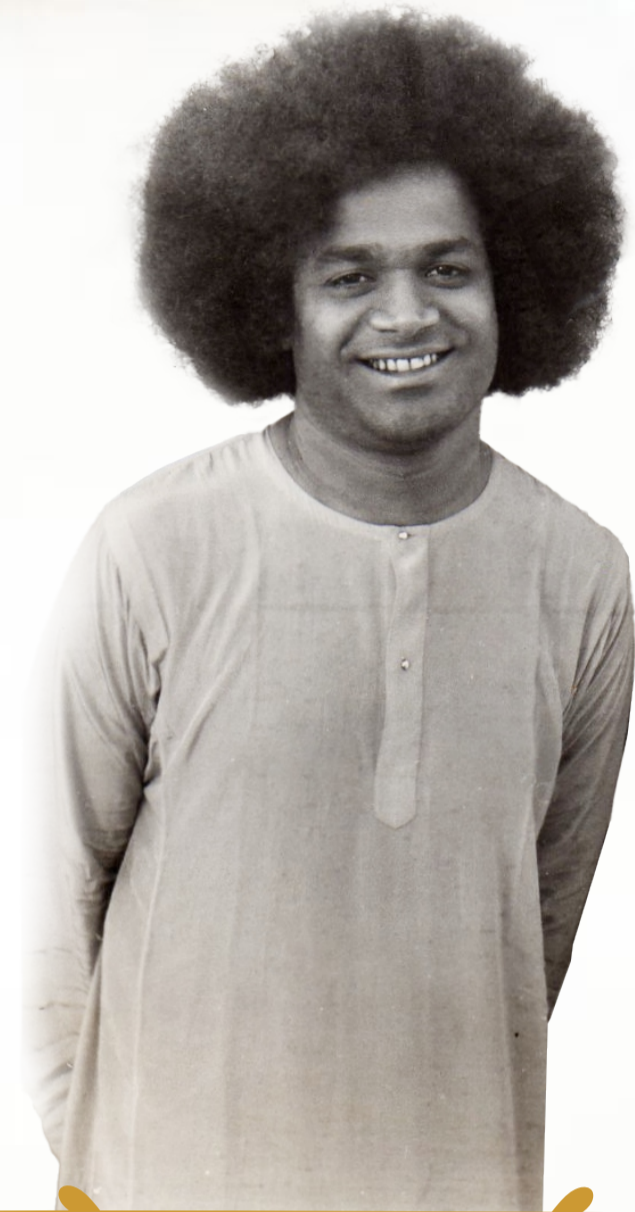


God illumines the entire Universe as Atma Tatva in all the living beings and objects. – Baba

Har Praniyon Mey Sai Tumhi Ho Samaye, Har Jeeva-Jantu Tumhari Hee Roop Hai...Unmey Tum Ho, Mujh Mey Tum Ho, Sab Mey Tum Ho, Sai Ram...

- *Samastha Lokaah* exudes collective peace at the vast macro level, while *Samastha Jeeva Sukhino Bhavantu* conveys a personal touch and a more intimate sentiment. The overall peace and welfare of each being is its fulcrum. Waves of *shanti* streaming towards a specific being for physical, emotional, mental...peace, welfare and comfort.
- *On 20th July 2009, Bhagawan conferred harmony to every atom in the Cosmos as a whole when He made us chant Samastha Jeeva Sukhino Bhavantu for a few days. Oh! What a feeling of Oneness!*
- The unrest in the world today needs the energy of this mantra, which is so gentle, pure, noble, kind, cleansing and healing, thus celestially impactful.
- Everyone is caught in the clutches of *samsara*, facing inexplicable challenges. Lovingly intoning this mantra during daily chores, while travelling to work, exercising or out on a walk...will certainly benefit known as well as unknown persons or beings who need help to overcome their trials.
- *Chant, spread joy...revel in ensuing bliss...Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 16
APRIL 9

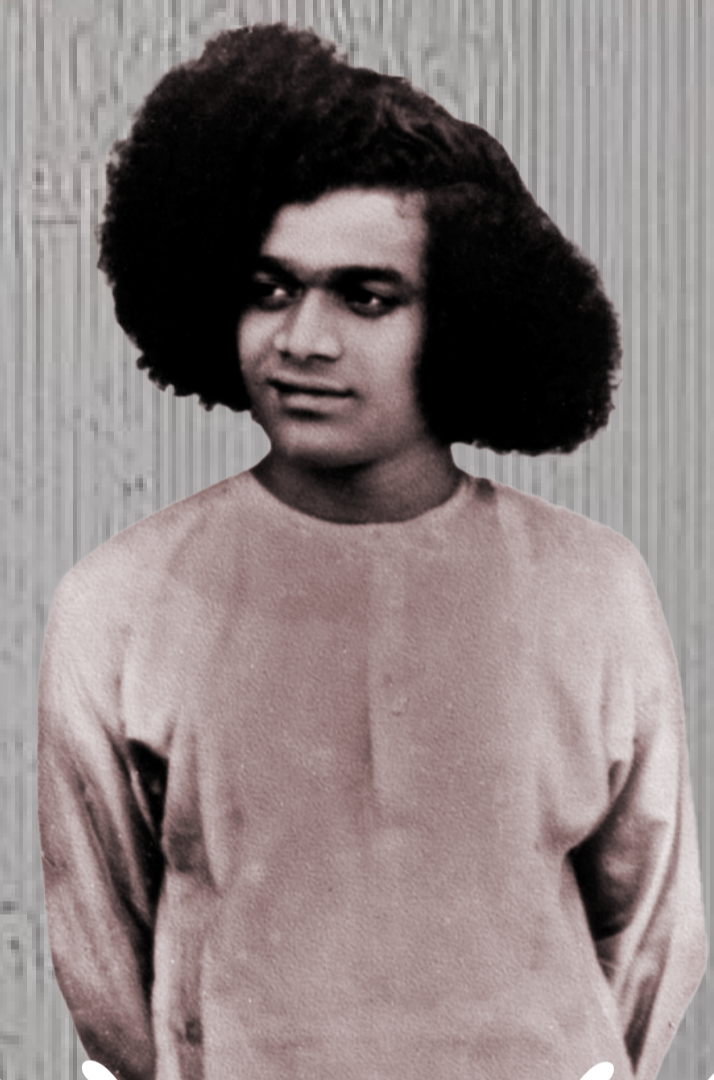


Paschatap And Prayaschit... Repentance And Atonement

Repentance, atonement, spiritual practices – all these can mitigate or reduce the suffering caused by past karmas. – Baba

Shirdi Sai, Parthi Sai...Rehem Nazar Karo Merey Sai...Beda Paara Karo...

- As we reflect, inspect and introspect our life, experiences, way of living, relationships – work, personal or family, often a lot of regrets brim to the fore, from being deeply buried in the subconscious mind.
- As we churn, burn and yearn for liberation, these hamper our progress and need to be cleared. Repentance or *Paschatap* is the feeling of remorse, but it alone isn't enough, however intense the thought may be.
- It should initiate the process of *prayaschit* or atonement, a sustained conscious, genuine effort to make amends. Words and actions are required.
- Charity, mantras, fasts, emitting loving energy through meditations; affirming - I am sorry, please forgive me, I love you, and I thank you...assist the process of atonement. Today, honestly confronting what we need to release lovingly, may these twin wings of *Paschatap* and *Prayaschit*, cleanse and help us soar high with Beloved Mother Sai.
- *Surrendering all efforts as a samarpan, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



Remove The Noose of Sadripus, Don Values

DAY 17

APRIL 10

The clouds moving in the sky obscure the Sun. Once the clouds move away, the resplendent Sun is fully visible. - Baba

Sathya, Dharma, Shanti, Prema, Ahimsa...Jeevan Ka Marm Hai...

- Life is like a game of Snakes and Ladders! And, the involvement in *sadripus* invariably assist us to slide down gradually or suddenly (depending on our intensity of involvement), once again to the starting point. Exasperating, isn't it? Yet, it's no one else's doing but our own. The spin of the mind decides...where lands the dice! Elevating steps of the ladder or the lethal fangs of the snake.
- Blame game won't help...a temporary 'feel-good' factor, much removed from reality. Seeking validation grants only a brief, false relief.
- To escape the clutches of advanced materialism, competition and comparison, the key is contentment - through inner cleansing, releasing through insightful, balanced living...putting into practice the *Atmashatakam*.
- If a feeling disturbs the within, it's not our truth, and has to be released. Adorn the mind with Sathya, with Right Conduct, the truth of Ahimsa, the Dharma of Prema and obtain the harvest of perennial Shanti.
- *Today, let's accept the flaw we need to correct, and Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 18

APRIL 11



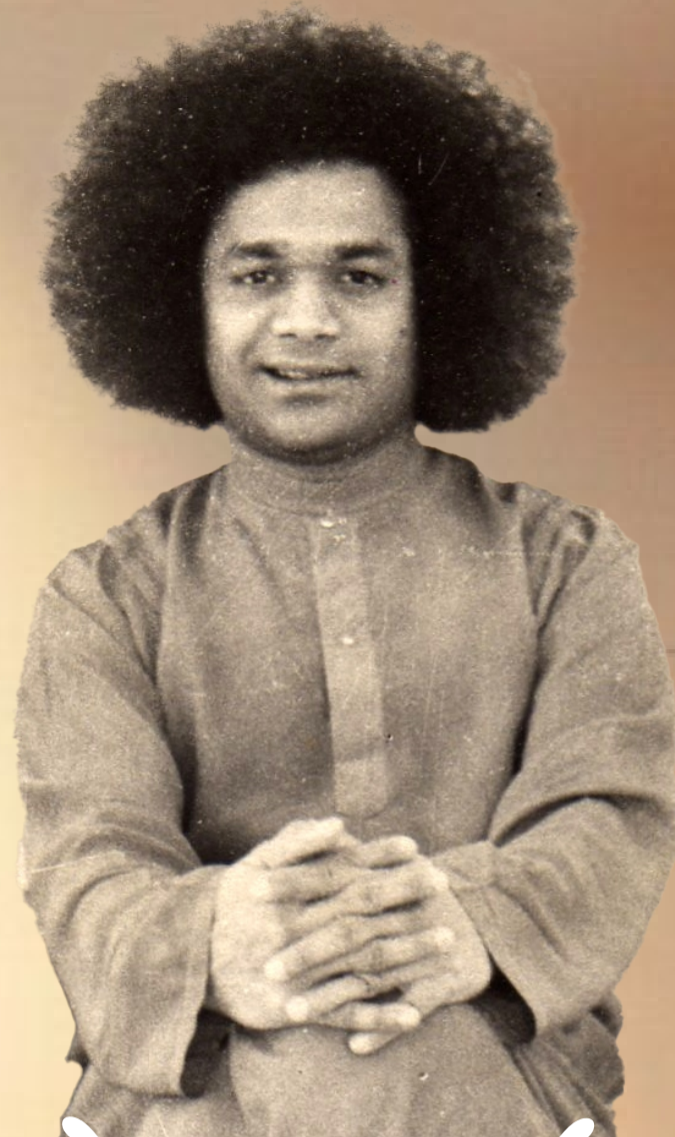
Invest In Forgiveness and Thankfulness

Human Beings should shine with human qualities.

- Baba

*Deena Dayalu Ghana Sai Ghanashyam...Karunasindhu
Karo Kalyan...*

- Forgiveness removes blocks, thankfulness attracts joy. A courtesy we owe our soul. **Investment with no market risk involved; a mutually beneficial fund! Forgive - liberate self. Express gratitude, enhance spiritual pursuit.**
- When understanding of our purpose dawns, and we wish to rapidly progress towards that Ocean of Light, our Cherished Lord, don't we need to remove any speed breakers that may drag our undertaking?
- Shall we begin by offering love, understanding and compassion to our inner child, releasing past hurts and unmet needs? Shall we also appreciate where we are placed right now? In the Umbrella of Protection, the Light of Divine Guidance and the Incessant Cosmic Love of Beloved Bhagawan!
- Don't we run out of memory and storage in phones and laptops? **Way out - delete, make space, enhance speed.** Regular clearing of space is required. Strolling down memory lane...let's forgive and bless ourselves, people, conflicts and events. Sincerely stating - I forgive you, I bless you...frees us.
- *Expressing - Beloved Lord...I am so grateful for Your Presence in my life, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



A Flair
Extraordinaire...
Dare To Care
For All Beings
Of The Land,
Sea And Air...

DAY 19

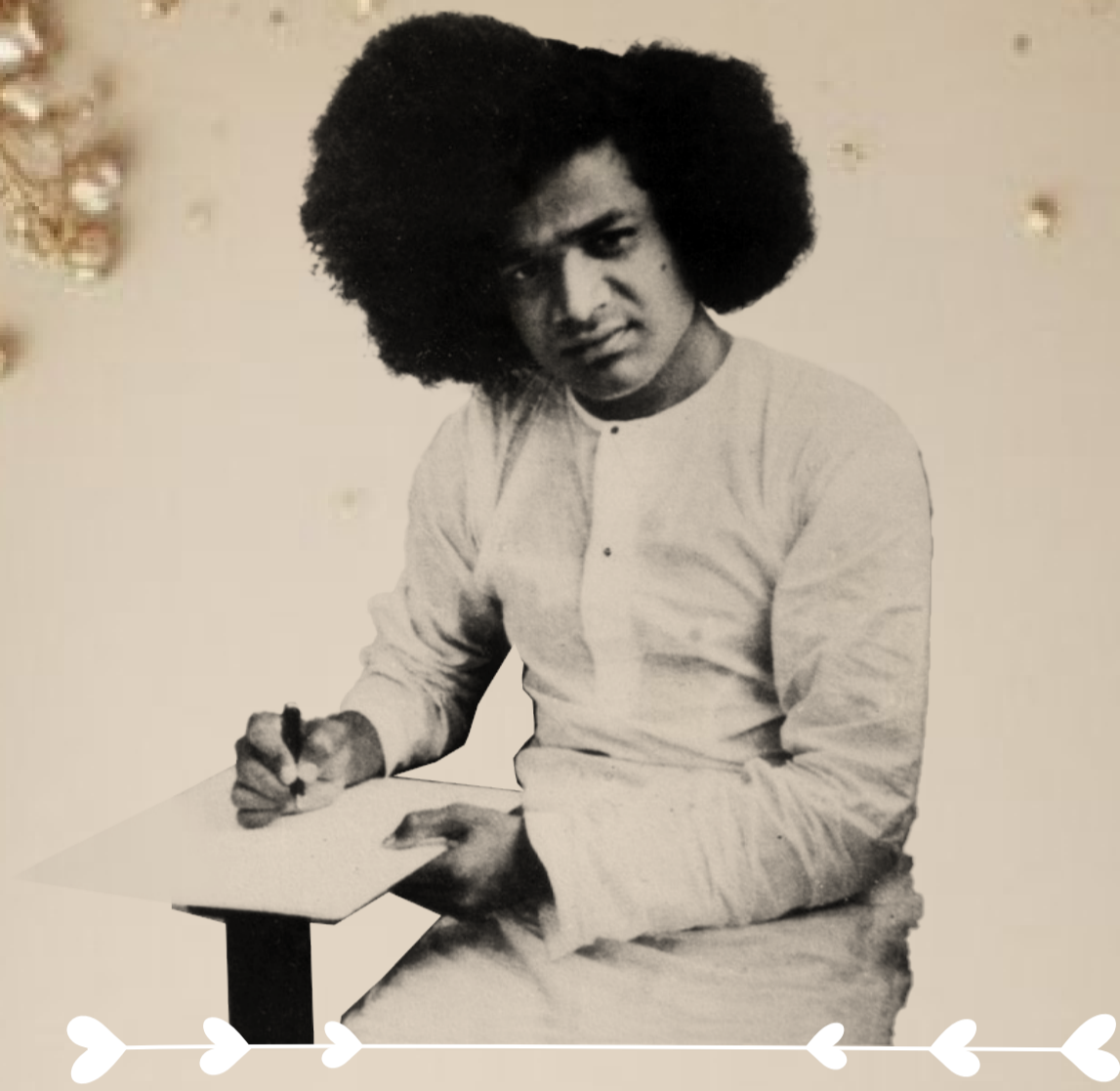
APRIL 12

Every Being Is Divine, take it from Me. - Baba

Har Prani Mey Sai...Prem Karo Mera Sai Prasanna Hoga...Sai, the life force of the Universe, is present in every being of creation; they breathe in the same air as humans, they too feel fear, express love and need to be loved.

- The bridge between Bhagawan and us is *Prema*. Love so vast and true that it encompasses all beings, creation through. For Bhagawan created them all!
- Shall we set aside this day to drench ourselves in this stream of *prema*, such that it becomes an ocean that caresses all with wondrous waves of pristine love? A love that seeks nothing in return, content to be immersed in the *Ananda* of this flow. *ishvarah sarva-bhutanam hrid-deshe 'rjuna tishthati.*
- Physically reach out, or simply 'feel' this sentiment of '*prema*' intensely, and embrace all species in it. *Love cleanses and heals, solves and absolves.*
- Allow the breeze of love to blow away the cobwebs in the heart. Be aware of Bhagawan's soft, tender gaze, and allow the Radiance of His *Prema* to flow to us and through us to bathe all beings around us! Rejoice in the bliss!
- *Being receptive to this sweet flow of Grace, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 20 APRIL 13



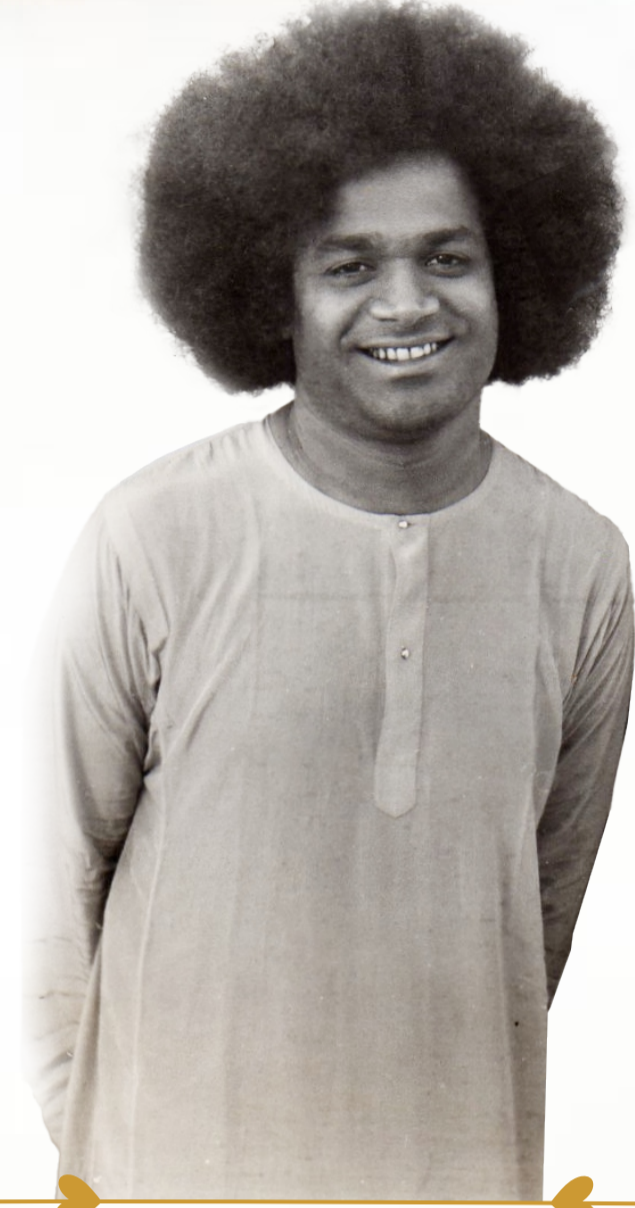
Flurry, Scurry, Hurry or Hari, Hari, Hari?

Man should be attracted only by the Divine. The Divine is Truth, Wisdom and Infinite. These three are in Man. You can experience the entire Cosmos within your heart. – Baba

Hari Naam Gaatey Chalo...Sai Naam Gaatey Chalo...

- Life is zipping by, everyone is in a great hurry to keep pace with the chores. Often, the hours in a day are not enough to cope, complete the zillion assignments at hand and rest up too. Is the mundane world swallowing us? Should we allow it to or pause a bit to reflect and redirect?
- Today, let's focus on the 'innernet' speed, renew our subscription with the Cosmic Source and away from all the flurry, scurry, hurry and worry, in an impassioned manner, communicate with Bhagawan...hurry towards Sai Hari.
- Immense gratitude for His Presence in every moment. Express gratitude to Sri Hari in the Elements Five, Lord Surya, Chandra Dev and our Parents too.
- Let's please and revere Bhagawan through the *Panch Maha Yagnas* or daily sacrificial offerings – *Brahma Yagna* (study of scriptures), *Dev Yagna* (puja/worship), *Pitru Yagna* (offerings to ancestors), *Bhoot Yagna* (serving animals/birds), *Manushya Yagna* (service to fellow humans)...a multi-dimensional adoration of our Precious Lord, the Supreme Source of the Universe, the Parameshwara, as prescribed by our sacred ancient texts.
- *Performing our prescribed duties, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 21
APRIL 14



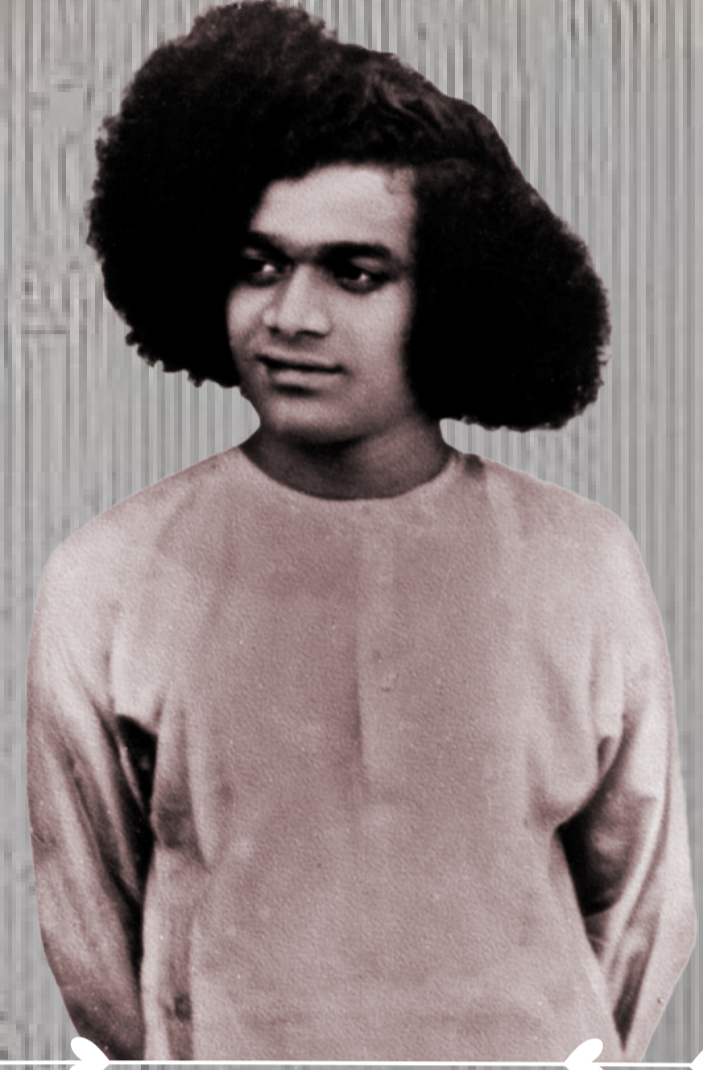
Loving Greetings on this day of
Tamil New Year (Puthandu),
Vishu, Baisakhi

Shravanam, Mananam, Nidhidhyasanam

Your Atmic power will also improve. Whatever you hear, try to recapitulate, then put into practice. Listening, recapitulating and practising are very essential. – Baba

Japa Dhyana Bina Samyog Nahi...Prabhu Darsha Bina Pragyana Nahi...Bhagawan Bina Koi Apna Nahi...

- Hearing, contemplating, being and becoming through meditation on the truth. **Shall we set this day aside for studying the Holy Texts and Words Divine that forever guide us towards ethical living?**
- Being completely present and focused, above distractions, while listening to the teachings of the scriptures, the words of our ancient Rishis, our Beloved Gurudeva, is true *Shravanam*. Deep, logical reflection and contemplation on the teachings, questioning to remove doubts, understanding how they make sense in our lives, is *Mananam*.
- Dhyana on the *jnana* is *Nidhidhyasanam*. Absorbing, living, breathing the teaching, treading it with avid deliberation to arise, awake, elevate our lives.
- Through this process, our Loving Master makes us independent, *atma nirbhar*, the reliance on external factors for contentment drops away.
- *Adopting these three pillars of Vedantic teachings, setting aside time to honour our ancient Sages, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



Happy Poila Boishakh, Bohag Bihu –
Bengali and Assamese New Year!

Unleash Divinity - To Aumkaar, Vedic Chants, Bhajans... Succumb

DAY 22

APRIL 15

One has to aspire for that which cannot be taken away by others. That is pure Love. A printed matter on a piece of paper cannot be separated from it. Likewise, your heart should be like a pure white paper, and love, the printed matter. Cultivate such love. - Baba

*Sai Bhajana Bina Sukh Shanti Nahi...Aumkaara Swaroopaa
Sadguru Samartha...Anathacha Natha...Tujha Namoo...*

- In every cell of our being, in each beat of our heart, even the blood that flows through our veins, quite beyond our sense of hearing...reverberates the sound of creation. What better way to spend this day than to echo the *Pranava*? Intensity of involvement accelerates evolvment!
- So too, let's immerse ourselves in intoning vedic hymns, so enriching, healing and profound. These hymns embody divine energy. Understanding the meaning of these scriptural verses establishes an association with the Deity being invoked.
- What better way to distress, delink and relink with the Divine, our own inherent divinity, than to sing the glory of the One Supreme?
- Devotional rhythms cleanse and revitalise the physical, mental and emotional sheaths, enhance harmony, social bonding and spiritual growth.
- *Today, let's adore our Lord with chants and bhajans and honour the Vedas. Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 23

APRIL 16

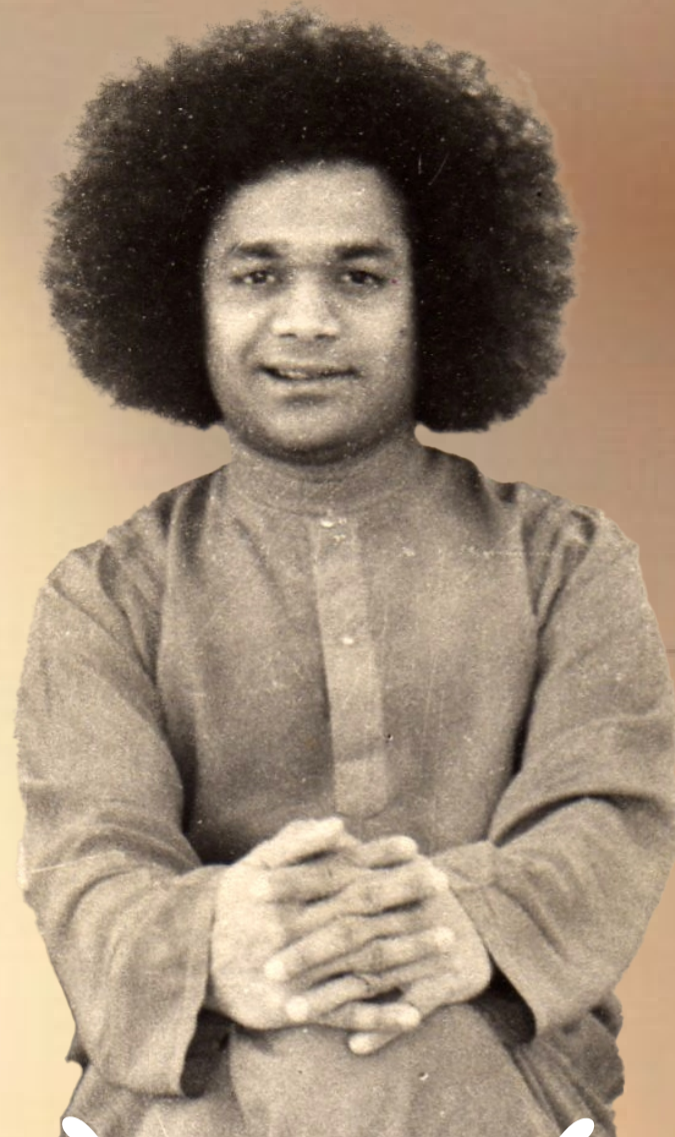


The Awesome Karma Of Narayana Seva

The act of service is not to be judged according to the cost or publicity it entails. But the need of the recipient, the mood of the person who offers - these decide whether the act is gold or lead. Every seva done with sympathy and skill to anyone in distress anywhere in this world is Sathya Sai Seva. - Baba

Karm Kiyeja Phal Ki Itchha Mat Kar Ae Insaan...

- Bhagawan as Sri Krishna simplifies the meaning of Karma Yog. Karma refers to proper action, while Yog is the proper attitude towards action and the results of action. Through thorough internal purification, this path then glides us towards eligibility of *Atma Jnana* or knowledge of the self.
- Further, we are gently enlightened - when we perform *karma yog* as a reverential worship of Him - *Ishwar Aradhana*, it takes the shape of a *yagna*.
- Today, let's wholeheartedly pray - My Beloved Lord, my Most Cherished Treasure, my soul's Sole Goal...all that I am and ever will be is only because of Thee. With all that You alone have bestowed upon me, how may I serve Thee? Allow me mercifully...to dedicate each breath to Thee.
- Serving the Narayana in all, irrespective of any bias of caste, creed, colour, gender or species is Narayana Seva. A spontaneous knowing of another being's urgent need and rising to serve and reach out in any way possible.
- *Involving ourselves in this all-inclusive Sai Prem ki dhara, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



From 'I, Me
and Mine'
To
Celebrating
Oneness
Divine...

DAY 24

APRIL 17

The Atma is common to everyone. Recognising this Oneness, engage in service to all. You are That, that is the truth. You and the Universe are One; you and the Eternal are One. You are not the individual, the particular, the temporary. Feel this. Know this. Act in conformity with this. - Baba

Chidananda Roopam Shivoham Shivoham...

- To be called a human being, shouldn't we exhibit humane qualities? Or else...we remain labelled as plain *earth beings*, existing, not living.
- If we only concentrate on our personal gain through our interactions, we lag in our journey, far removed from the purpose of a human birth and its true and divine culmination. Colossal waste of a life span!
- By choosing thoughts, words and deeds in which maximum beings stand to benefit, we release karmic retributions and strive on to fulfil *swadharma*, attesting loyalty to the laws of karma, rising above to love, from family of birth to the sphere of *Vasudaiva Kutumbakam*.
- No vaccine can heal the vile infection of self-centredness and restore the glowing affection of interconnectedness...the celebration of universal love, unity and consciousness. **Beloved Bhagawan's Life is His Message**, firmly pledging to it is the only remedy and cure.
- *Our lives should be His Message every day. Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 25 APRIL 18



Noise
Annihilate,
Peace
Reinstate...
Meditate

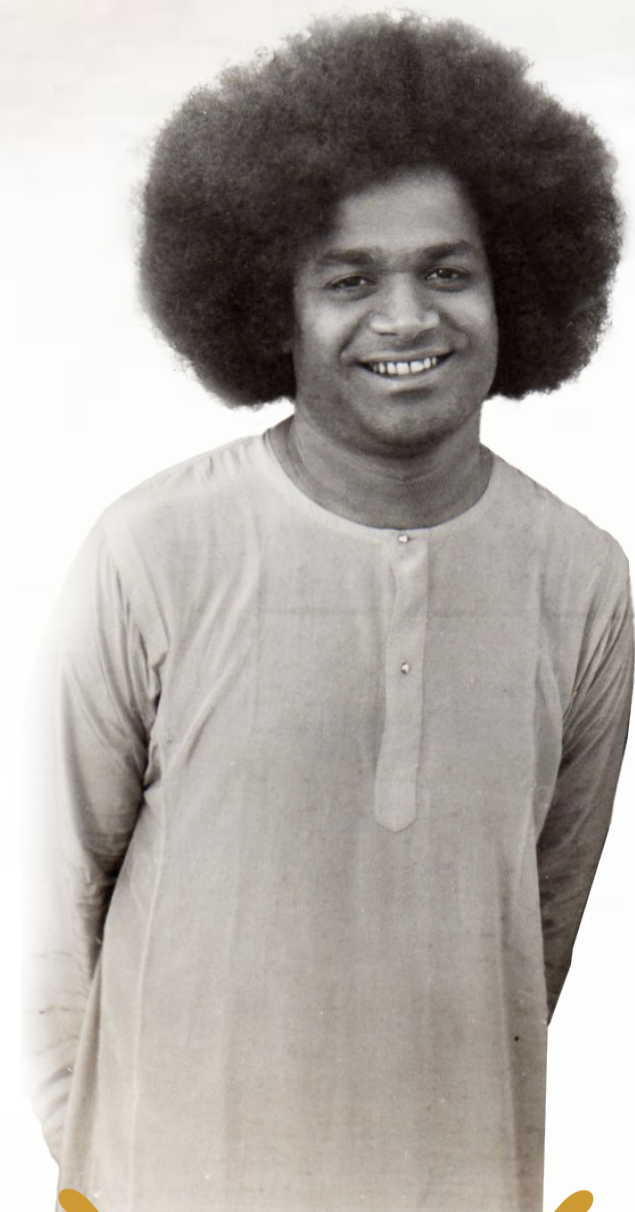


Valmiki first meditated on all the qualities of Rama, only then could he commence his epic Ramayana. When you meditate on the effulgence of anyone, a part of that effulgence enters you. – Baba

Meri Aasha Ki Tum Ho Kiran...Har Pal Mey Ho Tum Sey Milan...

- Meditation links us to the light within. It releases the latent energy that transforms the seed of truth buried in the soil of our being into a magnificent tree of effulgence, lifting *avidya*, revealing our reality.
- It awakens us to that universal frequency which helps us align with the unity of all life in creation. As we persist with our sadhana, life becomes a meditation. Our being beams this light constantly.
- Today, blend moments with the self within, the ultimate satsang! No jams, noisy honks or crazy crowds. Click the Cosmic Link.
- Suffusing our breath with the radiance of our Beloved Master's Love, let's emit our gratitude and His Peace into our environment. Along with us, may it touch the hearts of all beings, our parents, children, colleagues, domestic helpers, soldiers, pets, motherland, mother earth, mother nature, the mountains, rivers, forests, and so on. Bliss of Oneness!
- *The given moment is now - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 26
APRIL 19



*Wishing Peace for all on this
auspicious day of Akshaya Tritiya!*

**The Sun
May Go Out
Of Sight,
But
It Never Sets...**

If you make the slightest effort to progress along the path of liberation, the Lord will help you a hundred-fold. – Baba

Neeve Maa Sarvam...Neeve Maa Praanam...

- When seen from space, Earth appears as a tiny blue dot, but for us at ground level, its magnitude is vast and incomprehensible.
- So too, as individuals, we may seem to be a minuscule bit amidst the global multitude, yet each entity holds within its core the unmanifest energy of Supreme Divinity.
- This day of *Akshaya Tritiya* is supposed to multiply blessings, considered auspicious for new ventures. Shall we commence and commit to a self-elevating project today?
- By affirming firmly – **I here and now commit to the role of a seeker.** Forthwith, placing a ceiling on desires to rise higher, I will question the need before impulsively indulging. Attempting to balance attractions and aversions with discrimination and renunciation, I will journey towards spiritual maturity, the awareness of my own divinity.
- *Shining with 'akshaya' resilience, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



Even The Darkest of Nights Has To Give Way To Radiant Light

DAY 27

APRIL 20

Krishna tells Arjuna in the Bhagawad Gita - I do not need to engage Myself in any activity, yet I perform action to promote the well-being of the world and its inhabitants. *Samatvam Yogam Uchyate* - equal-mindedness, sense of balance, unaffectedness is what yoga means. - Baba

Jaisey Suraj Ki Garmi Sey Jaltey Huay Tan Ko Mil Jae Taruvar Ki Chhaya... ..Sai Aisa Hee Sukh Mere Mann Ko Mila Hai, Jab Sey Sharan Teri Aaya...

- Should we excel at what we do, or become excellence itself? Should we focus on the action or the result? *Yogah karmasu kausalyam* (BG2.50)...strive for yog - art of working skillfully.
- Selfless actions, blending *vivek* and *vairagya*, with no attachment to results, inch us towards *samatvam* or equanimity, balance and equal-mindedness. We have a choice as regards actions, not the results.
- Expectations and attachments to results attract the darkness of disappointments. *Samatvam* is the peak to summit, through *Ishwara Arpanam Buddhi* - all actions offered to Saieshwara, and accepting results as *Prasad Buddhi*. Let's wear ourselves out serving the Lord!
- Let's offer reverence to Beloved Bhagawan for the downpour of eternal wisdom, to the saints of yore for their timeless faith and devotion; it is their radiance that guides our return journey.
- *Today, being aware that the secret of work is not to be attached to work or its results, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 28

APRIL 21



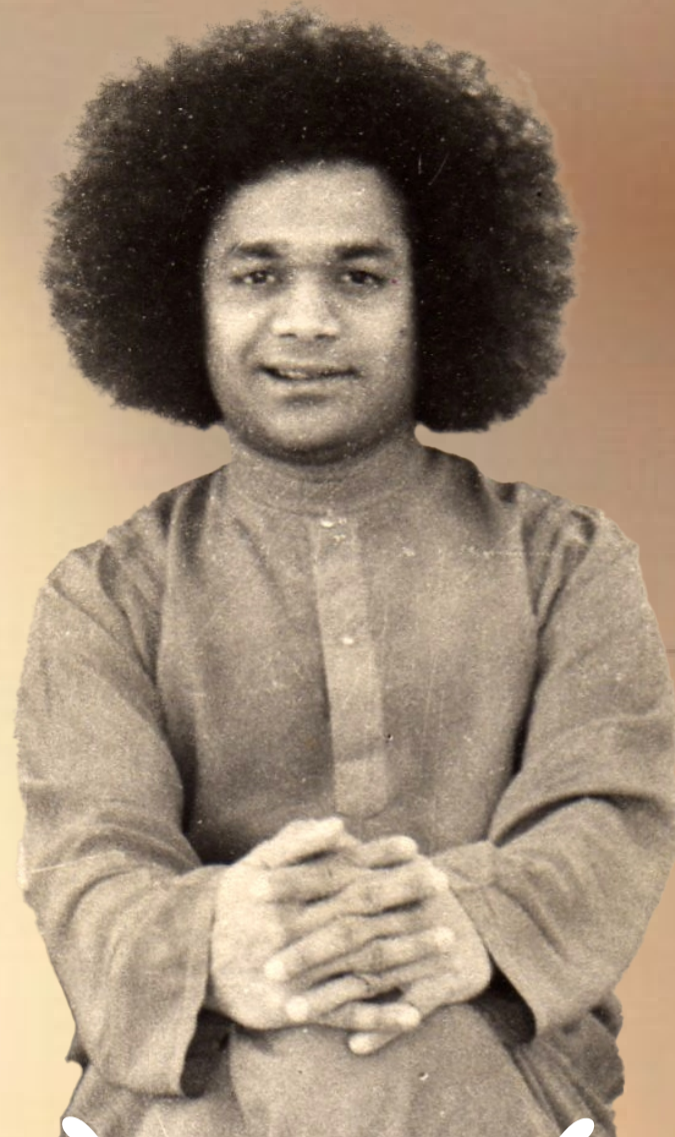
AI Tools And The Cosmic School

Humanity too sizzles in the hot sun, the unbearable heat of ego and greed. It needs the rain of grace; it knows it can flourish only then in peace and joy.

- Baba

Daya Dharma Bina Sath Karma Nahi, Bhagawan Bina Koi Apna Nahi...

- Over-reliance on the external erodes reality. Will it ever assist us to overcome the ignorance of our Sathya and the Sathya of Sai?
- Material growth and inner evolution. Following the *Purusharthas* - earning of *Artha* according to *Dharma* and *Kaama* to be directed towards *Moksha*, enhance fulfilment and balance.
- There are engrossing social media channels and platforms and the tools of AI, and there is the Cosmic School of SAI, where the Supreme Master Himself holds the Master Class, in the stillness of silence!
- Forever students of this Cosmic School are we, till the dawn of spiritual maturity and the flash of an awakening. The truth lies frozen within...waiting to melt and flow into an emergence. Today, choosing expansion over erosion, let's seek our Master's Grace in all areas of our lives, all that we consume through our ears and eyes, too.
- *Let the feeling grow - Swami knows...Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



Age And
Karma
Spare None...
Hasten Pace
From Anekam
To Ekam

DAY 29

APRIL 22

You are a part of Me as well as the entire creation, throbbing with the Universal Energy. Everything is one, without a second...*ekameva adviteeya*. – Baba

Shivoham Shivoham Shiva Swaroopoham, Nityoham Shuddhoham Buddhoham Muktoham, Advaitamananda Roopam Aroopam...

- Bhagawan continues the above sentence – Ponder over this. Become aware of this Oneness, experience it every moment. Compassion will gush out of your heart, kindness will pour out in abundance, and love will reign supreme in your life. Just try this and see how the gates of your spiritual heart will open, and all goodness will gush out endlessly to spread cheer and joy amidst My Beloved Creation.
- Today is celebrated as Earth Day, yet if we withdraw from the dance of the senses, pause in a deep hush, we can hear the Mother cry.
- Deforestation, climate change, depleting ozone layer, pollution of rivers and oceans, war, animal cruelty, are we showing care and respect for Mother Earth? How can we honour Earth and the gifts She bestows upon us? Reduce e-waste, recycle, say no to plastic and firecrackers, save water, plant native saplings, enhance tolerance with each other, check the welfare of other species, and so on.
- Care for Life, Concern for Nature, Reverence for all of Creation.
- *Today, embracing Mother Earth, let's Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*

DAY 30 APRIL 23



From Material Contamination To Spiritual Illumination...



That is the secret of God (Madhava) coming down as man (manava), the cloud taking pity on the crop parching in the sun. Once the rains come, the sun has its uses! So too, when the grace of the Lord is gained, ego and greed can be put to profit by being made to flow into useful channels. - Baba

Sathya Sai Smaranam...Smaranam...Parthi Sai Smaranam...

- Passionate remembrance of our Lord through every moment, ruminating on His Life, deliberating on His Teachings, is *Smaran*.
- Following His Precepts, committing to making our lives His Message, aligning our *karma* with *Sathya, Dharma, Shanti, Prema, Ahimsa...* causes *Shuddhikaran*.
- Involvement prompts evolvment from material contamination to Spiritual Illumination, a *Jagran*. An urgent requirement to reach any destination decides the mode of transport, true? In this path of Sadhana too, procrastination is like a bullock cart, whereas an unrestrained enthusiasm for the pursuit of the Sathya of Sai, our own truth, grants speed and swiftness like that of an aircraft.
- Let's bless ourselves with the sereneness of an inner pilgrimage, drench ourselves in the unmatched golden-orange-pink effulgence of that Glorious Vision of our Precious Hrudayavasa - the Eternal Flame of Incomparable Splendour. *Samarpan* of the wave unto the Ocean.
- *Today, with complete Atma Bhav, let's - Invoke, Evoke, Involve, Evolve...from the Outer Temporary to the Inner Infinity...Transcend the form to Transform...through Smaran, Shuddhikaran, Jagran...*



Aradhana Divas

April 24

The Source and Life Force of the Universe, palpable in every bit of creation, chose an Appearance incomparable and marvellous. It is this sentiment of Oneness, so tangible in all that manifests in the Cosmos, that Dearest Bhagawan chose to reflect with His Advent. Dormant in every heart is the frequency of our Lord. All it needs is an Awakening, a *Jagran*.



Beloved Bhagawan,
O! Cherished Aradhaya,
accept the loving caress of our adoration
at Thy Most Precious, Petal Soft Lotus
Feet. Let Thy Name permeate and resound
in every heartbeat. O! Thee Supreme
Redeemer...with Your Sacrosanct Advent,
You did all life sanctify. Bless us all, we
beseech Thee - our endeavour to live
solely for Thee, kindly do fortify.
O! Magnificent Monarch of the Universe,
none in the created world can fathom
Thy Mystery, set us free...we entreat Thee,
hear our earnest plea that our Sadhana
Aradhana may stream on ceaselessly...till
the I merges in Sai completely, till we
ascend into Oneness with Thee.



Poetry...Verses...Words...

Adulations That Vibrantly,
Everlastingly Stream On...

Naman Arpan Atma Samarpan...

O! My Most Precious Treasure,
Beloved Bhagawan,
The journey of life has many a twist and turn,
Innumerable are experiences that do me churn,
Hold me close, O! Master Supreme,
Take my hand, help me to be firm,
Bless me, Sweet Lord, to affirm and discern,
Not to ignore the lessons I need to learn...

To the exclusion of all else,
For Thee I must yearn,
To relentlessly link with You,
Should be my primary concern,
To serve Thee in all -
My sole passion,
To be Thy instrument...grant me permission,
Allot me a role in Thy Divine Mission,



Confer that coveted boon, bless me with Oneness,
That I may never feel the pangs of separation,
Constant remembrance of You is Smaran,
Selfless actions lead to Shuddhikaran,
Through this purification,
Let me remain Yours exclusively,
O! Effulgent Incarnation Of That Primal Energy,
Lead me into an Awakening,
A true Jagran,
Naman Arpan Atma Samarpan...

In this turbulent ocean of existence,
You are the safest shore, support and foundation,
May a relentless divine rumination,
Divest me of any material contamination,
Seeking Thy Divine Grace and Intervention,
That I may relentlessly contemplate...
...purify and awaken,
Smaran, Shuddhikaran, Jagran,
A glorious awakening and ascension...
Let this wave now know itself to be the Ocean,
O! Beloved Bhagawan,
Naman, Arpan, Atma Samarpan...



*Love all beings - that is enough.
Love with no expectation of return. Love
for the sake of love.
Love because your very nature is love.
Love because that is the form of Worship
you know and like.*

*When others are happy, be happy
likewise.
When others are in misery, try to alleviate
their lot to the best of your ability.
Practise Love through selfless service
(Seva).*

*By this means, you will realise Unity
and get rid of the ego that harms.*

- Baba

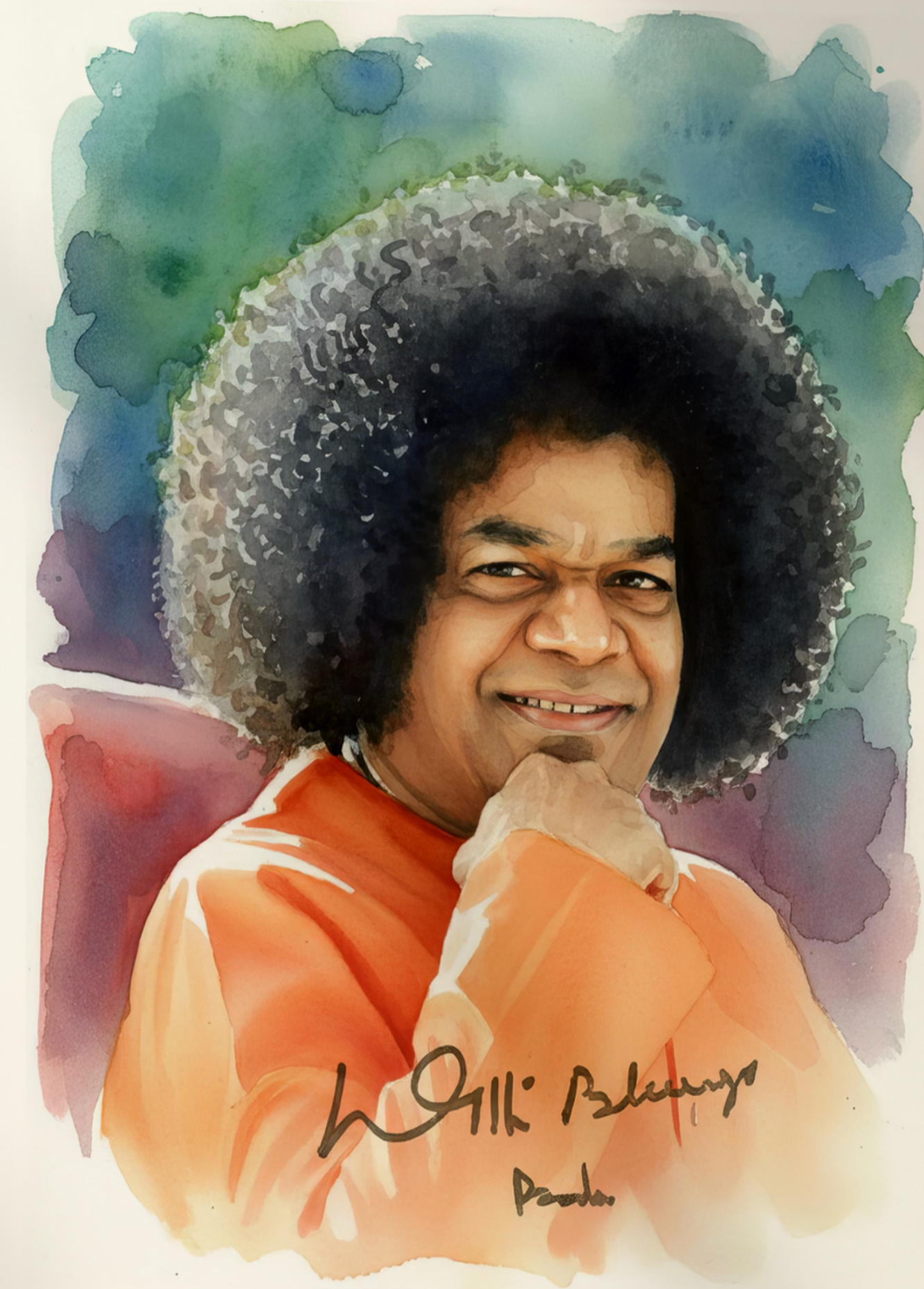


The mind can be trained to concentrate inwardly, and the heart can be cultured to grow with love for God. How? By sadhana. The best sadhana is that every act through the day be done as worship of God.

- Baba

With steady sadhana, no special effort is needed to try and get the experience of One... With correct and steady sadhana, in due course, the actual experience of One will naturally come about.

- Baba



Love
All
Serve
All

