

Month Of Giving And Forgiving...

A Period of Awakening...

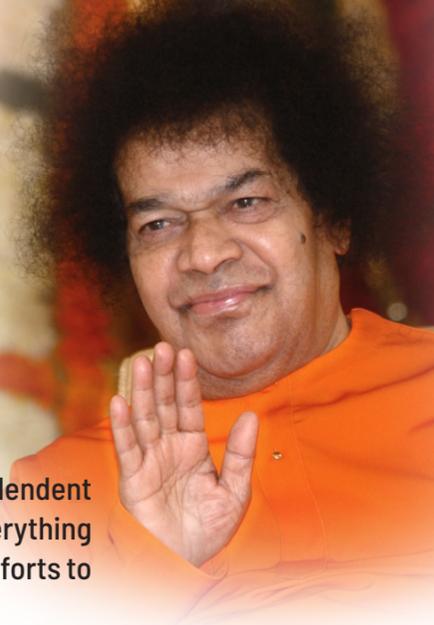
24th March – 24th April 2019



...Aaraadhya Ko Samarpan...Aradhana Aur Hum.....Daan Aur Kshamadaan Ki Sadhana...

...then on...a lifetime commitment to the Beloved Supreme Being...

All Glory to You, O! Most Beloved Swami, You opened us all to the vital, incomparable beauty of Oneness. O! Self Illuminating, Resplendent Gurudeva, You are the genesis, the sustaining composition, the final dissipation of creation...of the Cosmic Symphony. Everything begins, flourishes and eventually gets absorbed in You. O! Cherished One...we love You, Dearest Bhagawan...kindly bless our efforts to bloom with earnestness worthy enough to be placed as fragrant blossoms at Thy Cherished Lotus Feet.



Day 1

Faith and Patience is what pleases Sai immensely. So, today let me begin my day with complete focus on **Shraddha**...and live out the blessing of **Saburi**.

Day 2

Love All, Serve All ka asli Mahatva...? Through the moments of this day I must ponder upon the 'all' in this profound message and in selfless service my time engage.

Day 3

Scorching summer heat. Let me quench the extreme thirst of all those in need - **Water bowls for birds and animals in my garden/surroundings/neighbourhood**. Water bottles to adults/children seeking alms at signals and other places/ construction sites.

Day 4

Narayan Seva...is a blessed opportunity to feed the Lord Himself...in the guise of the many in creation. Grains to the birds, food to animals, cooked meals to appease the hunger of fellow humans, homeless or otherwise.

Day 5

All the love Bhagawan showers upon me as a Mother, Father, Bandhu, Sakha...Sai Natha. Let me share it from dawn to dusk and dusk to dawn through **Acts of Random Kindness**...becoming a Radiant Ray in Sai's ARK!

Day 6

Matru Devo Bhava/Pitru Devo Bhava - our parents gave us their life, time, soul and support. Make parents, all the elderly people I know and come across feel so, so special. Spend quality time at a Home for the Aged and verbally adopt a lonely old soul as a parent or grandparent.

Day 7

Acharya Devo Bhava. Gratitude to Sai Gurudeva, Lord Surya - the supreme example of a true Karma Yogi. Seek a link between the radiance of the inner sun and the outer sun for an illumined existence. Appreciation to all those from whom I have learnt even a tiny lesson.

Day 8

Gratitude from the core. To Bhagawan for known and unknown blessings, to the Cosmos, to the Motherland, to the five elements and the sense organs, the body, ancestors, family, pets, to life and all that forms an intrinsic part of living – domestic helpers, appliances, vehicles, etc.

Day 9

Spend time in deep reflection and introspection. Bhagawan has blessed me with so much, what have I done with it or overlooked to do...have I given life, my family, the society, the country, the world and universe...my very best?

Day 10

Deeply **let go and forgive** myself and all those I hold any resentment or a grudge against, for as Swami says - This quality of Kshama (forgiveness) is the greatest power for a human being.

Day 11

Interactive **quality time with children**. Learn from them as well as open them to values and ethics through activities that would benefit them as well as the society. Spend time at an orphanage.

Day 12

Respect and Appreciation for **Mother Nature/Motherland**. Learn lessons of ceaseless giving without expectations. Plant saplings, adopt and nurture trees. Prevent felling and hacking of trees. **Live and let live**.

Day 13

Sacrifice all negative emotions into the tender flame of Selfless Love so that Beloved Bhagawan's Magnanimous All Encompassing **Prema** may flow to me and through me to all those around me!

Day 14

Truth beyond Ego. Let Sathya be my companion during the hours of this day. Let me breathe in and out the Sathya of Sai...har shwas mey Sai Ki Sacchai! Then may I ponder - **What is my Truth?**

Day 15

The Sun, the elements, the rivers...everything in the Universe is following a dharma devotedly...today let me reflect on my personal dharma...and to **Dharma** be true!

Day 16

Shanti. Inner harmony ensures outer peace. Intensify an inner synchronisation so as to exude peace that benefits me, my loved ones and the world. **Be happy throughout the day. Spread inner joy and the cheer of happiness to one and all**.

Day 17

Ahimsa. A feeling subtle yet voluminous. **Maitri Bhav** - kindred harmony. All through the moments of this day, let my thoughts, words and deeds be drenched in the fountain of Ahimsa!

Day 18

Only in the depths of Silence...can the voice of God be heard. Quieten the noisy chitter-chatter of thoughts as well as unnecessary words, practise and bathe in the vibrant energy of **Sailence and Sai!**

Day 19

Curb excessive participation in social media. Indulgences in forwarding 'Forwards' often takes people backwards into the clutches of fear. **Prayers promote Peace**. Pray more & harmony restore for soldiers, farmers, labourers, doctors, police and politicians that sadhbhav may prevail.

Day 20

Trash it! Garbage belongs in the bin! I should focus on **inner cleansing** as well as **outer swachhta**. Trash the trash from the mind and environment.

Day 21

Respect for rivers. Pledge to participate in the campaign to clean rivers. Spread the crucial message - Polluting and littering of rivers and other water bodies is a BIG NO!

Day 22

Focus on enhancing cosmic connection, truly priceless, no price tag attached – the '**Innernet**'...and download the '**SaiApp**' to benefit from the constant channelling of complimentary guidance and wisdom.

Day 23

Can any animal or bird be called a 'stray'...when every being belongs to Mother Sai? Swami once referred to a village dog as – Shuddha Atma and ordered, "Feed Kuttan first!" **Care of animals in respective areas** - feeding, spaying, dressing of wounds, medication or any veterinary assistance. Learn loyalty and gratitude.

Day 24

Shun scorn, open up to **Oneness** beyond I, Me and Mine. **Respond not react**. Don't try to own the last word. Patience with self and others in the midst of traffic jams, whether concerning the mind, emotions, people or vehicles.

Day 25

Discover the most significant meaning of **SIM card** – **Sai In Me**. This sentiment fills the heart with delight bringing joy to all, as it helps connect to the Sai in me with the Sai in all those around me!

Day 26

Be a **good listener**, help a person vent the reservoir of feelings, stress, etc. Refrain from giving any opinion or try to control anyone, be it a family member, friend, colleague or just anyone else.

Day 27

Honest **self scrutiny**, antah karan mey jhank kar, face and uproot negative qualities obstructing spiritual growth. Awaken to the word 'Spiritual' – true to the spirit, beyond mundane, mechanical rituals!

Day 28

No to 'Wifi', spotlight on 'Why Not Sai?' Study Sai Literature, spend time in sannidhi with Sai...the Supreme Absolute Infinite...yet, so close - **Swami And I**. Understand the Essence of Sai, enhance love, empathy, sympathy, tolerance.

Day 29

No indulgence in Blame Game. No standing on **Judgement**. No **Gossip**. Rise above criticising, grumbling and dwelling in the past. Learn lessons, accept, adjust, appreciate and move ahead in the Now.

Day 30

An Eternal Commitment - Contemplate the immeasurable vastness of **Samastha Lokaah Sukhino Bhavantu...Samastha Jeeva Sukhino Bhavantu**. Peace for the sentient, insentient, incarnate or disincarnate in all the realms and spheres. Know the Supreme Creator in every atom of creation.

Day 31

Your Compassion my mission. The constant flow of Your Love, Mercy, Understanding my lesson. With conscience as my guide **let me be beside each being that needs me**...just as You are, Swami. **Santushti for Samastha Shrishti**.

*It is not how much I give,
It is the sentiment of awe in what I am allowed to give,
It is the attitude of humility and gratitude, That the Cosmic Being...granted me the ability...the open mind, tender generosity, that inexplicable sensation in my heart which makes me feel -
An Inner Force compels me to give!*

I have pledged my endeavours. Will you join me in this dedication...

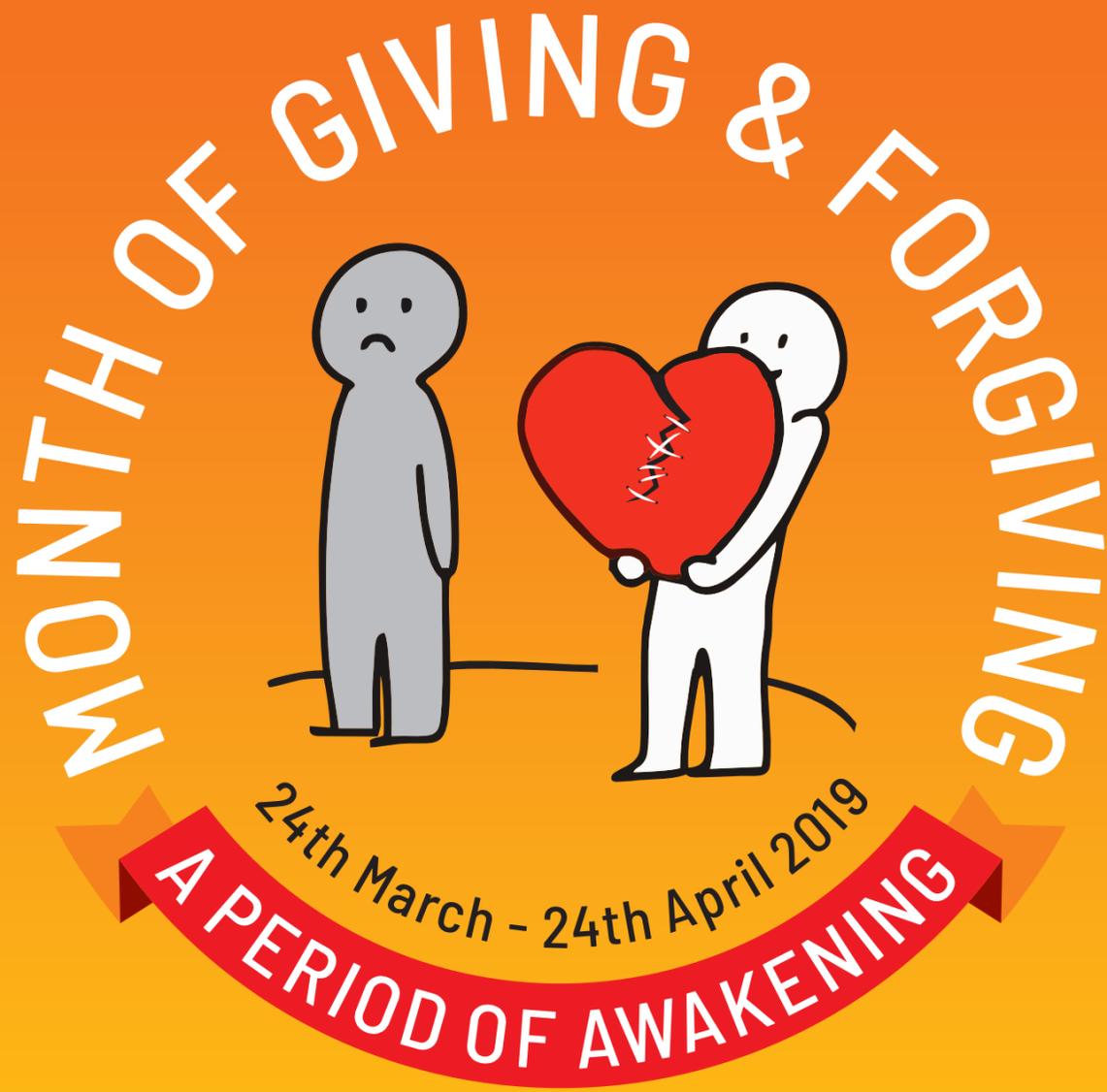
...offering everlasting love and earnest allegiance to our Beloved Lord?



Sri Sathya Sai Seva Organisations, India

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**Aaraadhya Ko Samarpit
Ek Anokhi Aradhana...
Daan Aur
Kshamadaan Ki Ye Sadhana...**



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