

Sri Sathya Sai Seva Organisation-India

AIP Circular-35 Dated 13-04-2020

Sub: Aradhana Diwas at Home

To All my brothers and Sisters of the Sai Family,

Sai Ram to all of you!

We are indeed going through very difficult times which are unprecedented. Our only solace and strength is the power of Swami within each one of us. We all realise that He indeed resides in the hearts of each one of us. We are on the anvil of the Aradhana Diwas and our hearts are yearning to be at Prashanthi Nilayam and unfortunately we cannot do so this year. I am sure we are not helpless as Swami always told us that the true reflection of the beautiful Prashanthi Nilayam is also in the hearts of each one of us. Let us all be there at Prashanthi Nilayam in spirit.

It is therefore a great opportunity to observe the Aradhana Diwas in the Sanctum Santorum of our hearts in the company of our entire family at home. Let's all do so on the 24th of April, 2020 in all our homes.

Let us bring in the routine of Prashanthi Nilayam in the Prashanthi Nilayam of our hearts.

Let's start the day with Omkaram and Suprabhatam at home with all family members.

Let's then follow it up with our personal prayer and meditation routine and the reading of some Vahini with all members present as a family study circle. Thereafter offer our family Bhajans to Swami for at least 30 mins. Fill the day with sharing and caring with the family members. If possible let's start the routine of "Narayan Seva" by trying to feed at least one person, maybe the watchman or the service provider or the sanitation worker or the local policeman on duty by strictly following all precautions. We have all realised during this lockdown that we can live with so much less needs. Let us thank Swami for the divine message of "Ceiling on desires" and resolve as a family that even after the lockdown we will put into practice the message of ceiling on desires as a whole family.

The evening can be once again packed with a family Bhajan Japa and Dhyana. Let's pray and offer all our meals to Swami.

The night can end with a Japa of Sai Gayatri and self audit.

The day marks the end of the month of Giving and Forgiving.

Let us call all our near and dear ones whom we may have hurt in some way or the other and thank our parents who may be there with us or far away and if they are no more let's thank them any way for the wonderful birth given to us. Let all collectively do this through the length and breadth of India to truly commemorate Aradhana Diwas. I am sure Swami will be happy and accept our Aradhana at His Lotus Feet.

Jai Sai Ram

Loving Regards

Yours in His Service

Nimish Pandya,

All India President

Sri Sathya Sai Seva Organisations India

"Transforming Self to Transform the World"

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