

# Haryana and Chandigarh

District: All

Activity: Inner Significance of Suprabhatam

Chief Guest: Bhagawan Sri Sathya Sai Baba

Main Speaker: Sri Murali Jaju, National Spiritual Coordinator

Date: Sunday, 2nd August, 2020

Duration: 6-7 pm (1 hour)

Participants:

Total attendees: 154

Average attendees: 108

Venue: Google Meet app

Proceedings:

The session commenced with three Omkaram and Ganesha Bhajan. The State Spiritual Coordinator welcomed the National Spiritual Coordinator Sri Murali Jaju and introduced him to the devotees. Then Murali Bhaiya explained about the inner significance of Suprabhatam and told that we should be Yogi in the Morning, Upayogi during the day and Tyagi at the night. He said that the inner significance of Suprabhatam is to awaken the Sai in the form of Atma in us ;our body is Parthi and our Atma is Sai, who resides in Parthi, our Jnanendriyas, Karmendriyas, mind and intellect are the Sevak Janah, serving Him. In the morning, with the help of Omkaram, Suprabhatam and Jyothi Meditation, we have to be one with our Divinity (Yogi), during the day time, we have to be helpful for everyone (Upayogi), then at night our sleep will be Divine like a renunciant (Tyagi).

At the end Dr. R. B. Kharb expressed his gratitude to Murali Bhaiya and inspired all the devotees to be regular in Personal Sadhana experience the transformation within. The session commenced with Samastha Lokah Sukhino Bhavantu and Shanti Path.

Dr. Satyakam & Dr. Chandralekha

State Spiritual Coordinators, Haryana and Chandigarh

<https://drive.google.com/file/d/1UZG8Wljdc19aWQ7lRhgEghVzgy1dferty/view?usp=drivesdk>