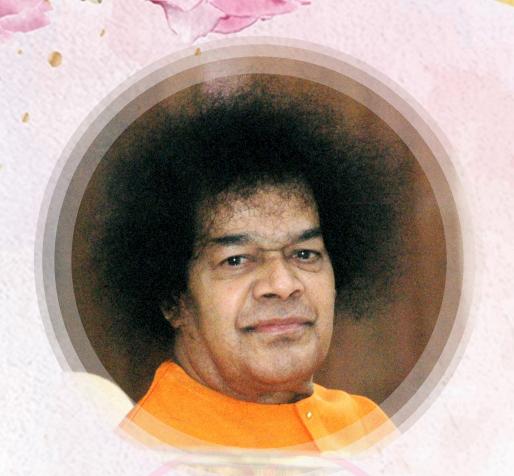


... A Tryst With Our Own Divinity!

Sadhana Aradhana

2021 — 2021 March 25 – April 24





Aum Sri Sai Ram

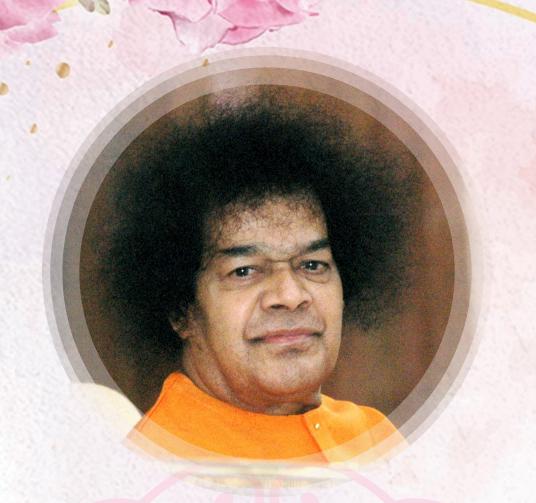
Sadhana Aradhana

Prelude en

A Period of Being and Becoming

Let us invoke the supreme benedictions of our Cherished Bhagawan, with profound earnestness, that His Grace may evoke and arouse the dormant soul consciousness within our core. May we then, with great dedication, depth and intensity, involve and absorb ourselves in the quest of our Higher Self...of our Higher Purpose! May we evolve and awaken to our own Divinity and thus elevate our fate!

Manifest Your Cosmic Purpose...from being bound to boundlessness! Let our spiritual practices be a worship of our Cherished Lord...let us adore our Lord through our spiritual practices...with passionate endeavour let us ourselves bless...to Being and Becoming One with Sai...a merger...an awakening in to Oneness.



Aum Sri Sai Ram

Sadhana Aradhana

Junveiling Concept was

Let us intensely invoke the Invincible Grace of Beloved Bhagawan, that we may with great intent evoke the dormant essence of divinity within to strive on steadfastly involved in the pursuit of the higher self...to ultimately evolve and heighten our awareness as regards the effulgence of our own Consciousness. A benediction that we may be a light unto self and other beings.

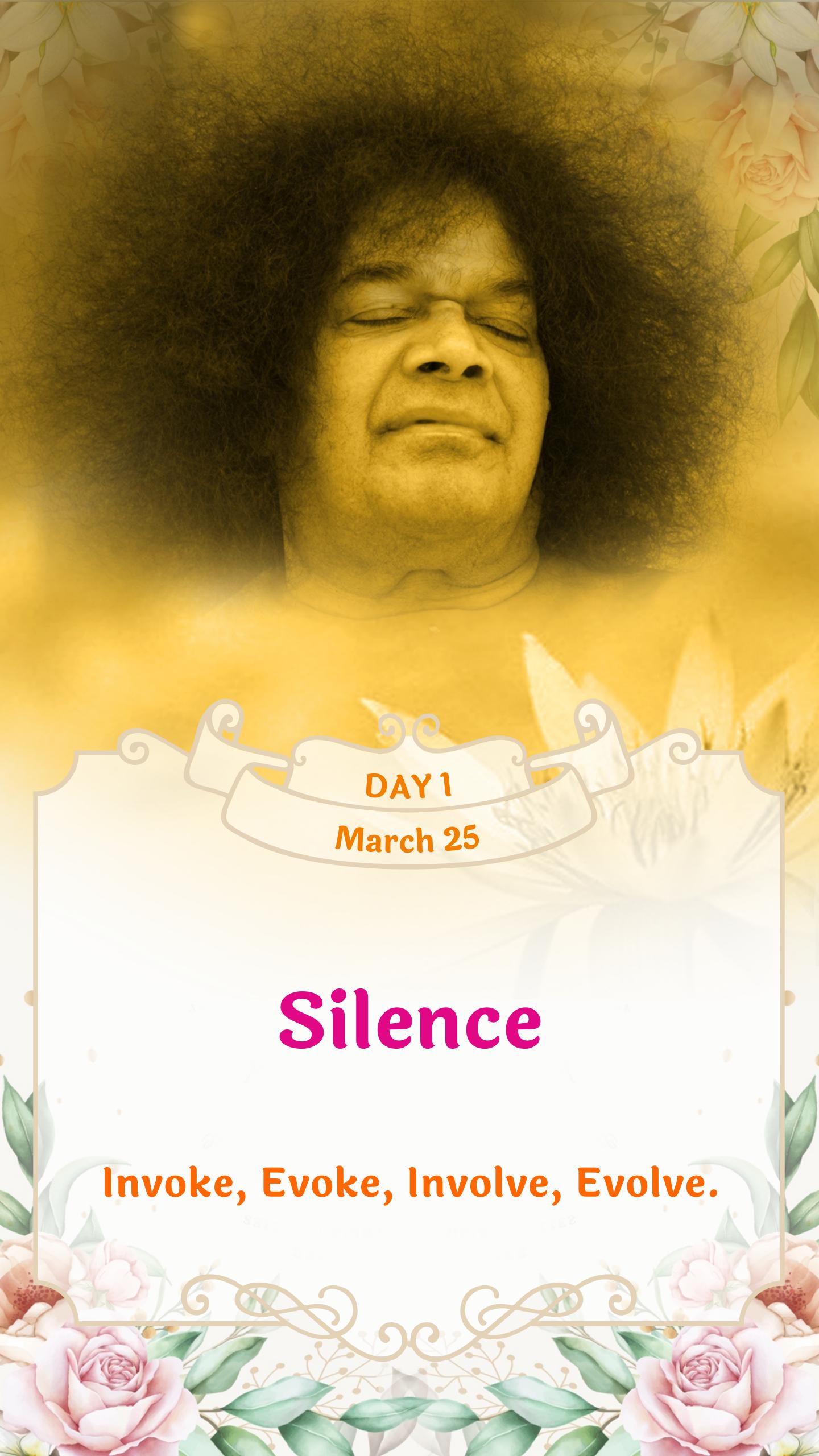
The genesis lies in the invocation...deep and profound...to go beyond asking for the mundane to desire and align with that which the Supreme Being is waiting to grant.

The Eternal Essence of Beloved Bhagawan is the glistening beacon that inspires our initiation, guides our efforts and lights our path to manifest our Cosmic Purpose.

The five senses and their constant interaction with the wondrous attractions of the physical universe may definitely grant us momentary pleasure, however, if we remain devoted and steadfast to our spiritual pursuits it will eventually deliver us into a vast awareness, help us transcend to a state of everlasting bliss...from - what more, what more, what more...through neti, neti, neti...to soham, soham, soham...to-Aham Brahmasmi.

Mustn't we then hasten to -

Invoke...Evoke...Involve...Evolve...specially during this most holy period of Sai Lent...the time frame the Lord has so graciously bestowed upon us, lent us, for our own awakening? Can we even begin to imagine what all He bore upon His Physical Frame...not only for the benefit of each of us individually, but for the upliftment of humanity as a whole? He does not desire anything from any of us, except our own growth, our transformation, our evolvement... our awakening.



It all begins in silence. Inner stillness more than the outer.

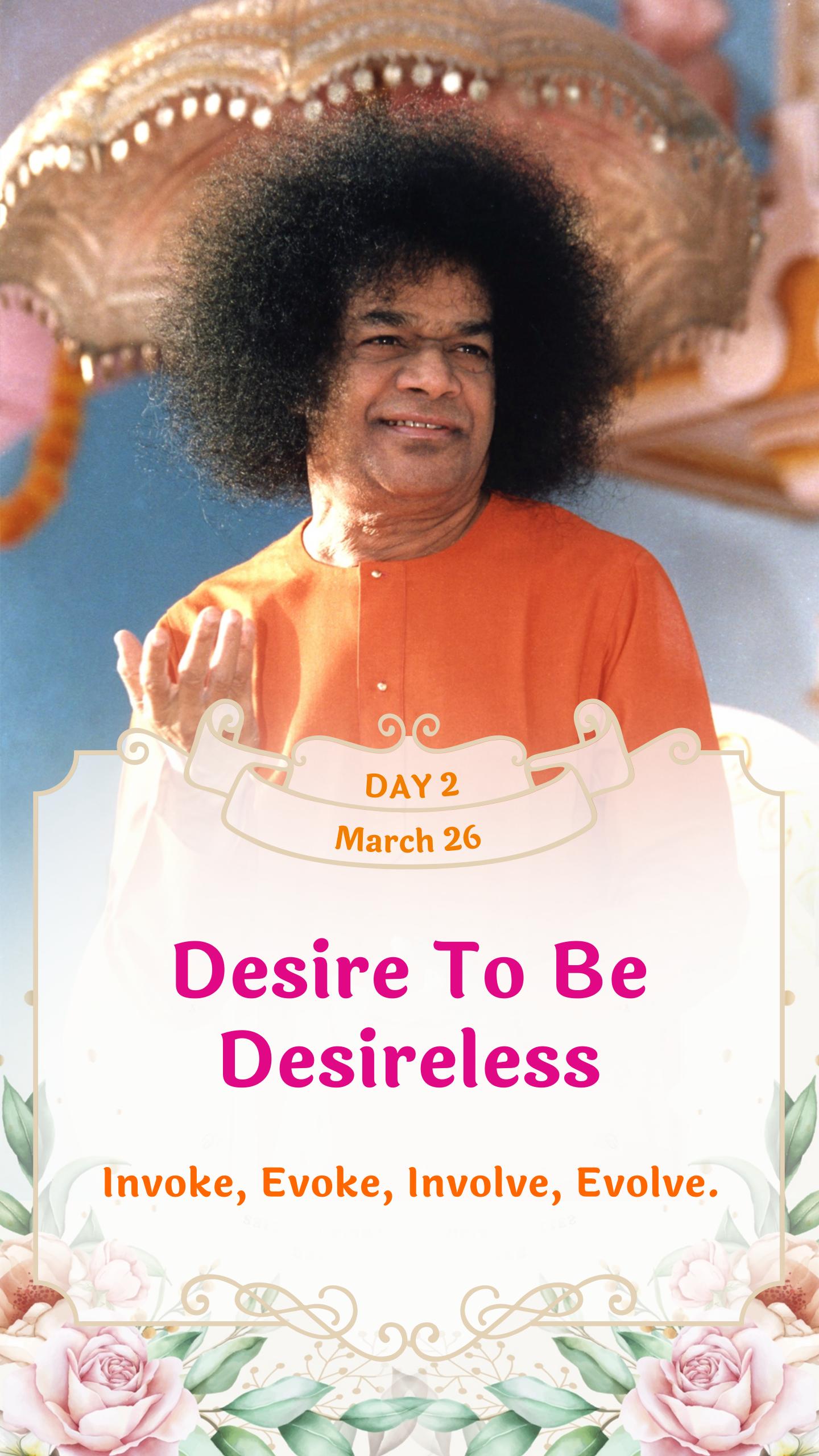
If there is inner silence, we remain unaffected by the outer noise...the chatter of the monkey mind that continually succumbs to the charm of the physical universe. The outer attractions of the material world steer us away from the awareness of the wealth within...the Voice of the Divine within...the Divine Prompt within. Silence helps us explore the vastness within. Silence helps us connect to the self within. Silence conserves energy, prioritises and redirects it towards the primal purpose. Silence leads us to the whisper of 'Sohum' and the hum of the Pranava – Aum...resounding in the inner core. Silence makes us more receptive to receiving cues from the universe, sharpens our intuitiveness. And, as a result of sustained practice and reciprocal grace, when silence profoundly deepens, we may be so blessed as to hear the mystical melody of Sai Krishna's Flute! When we fall in love with

Krishna's Flute! When we fall in love with silence...and desire more of it...silence eventually ushers in an awakening! Silence holds every answer within it. Today, shall we be immersed in and project the harmony of silence?

It is only in the depths of silence that the voice of God can be heard. — Baba

Hush...perchance the voice of God is prompting -

Arise, Awake, Be Divine, See And Serve Divinity To

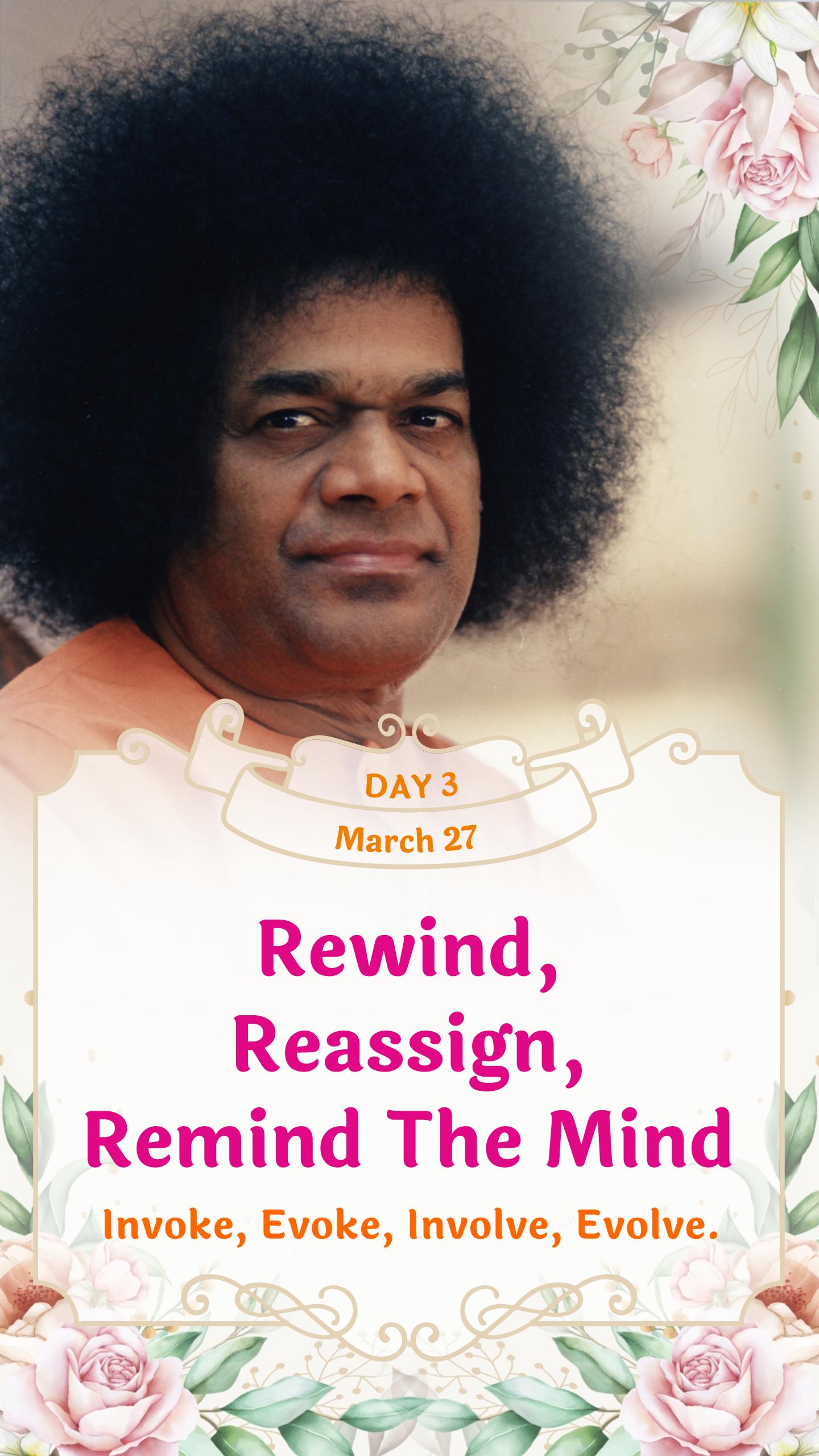


It's the intent and intensity that counts. We must want an elevated life and enlightened living. We must desire our spiritual upliftment. Leaving it till too late means living aimlessly...yielding to the grip of attachments, which as time passes is quite impossible to shake off. As Swami often stated - Start Early, Drive Slowly, Reach Safely. This relates more to our spiritual odyssey...the journey which helps us arrive at the threshold of the self...the effulgence which is our ultimate truth.

Bhagawan's delays are not His denials, however our delays are definitely denying us our supreme heritage.

The sooner we choose the desire to be desireless, rising above the trivial and temporary allure of the created world, the closer we come to touching upon our true purpose. The root to be nourished gradually is - Ceiling On Desires.

Let this be the lesson for today.



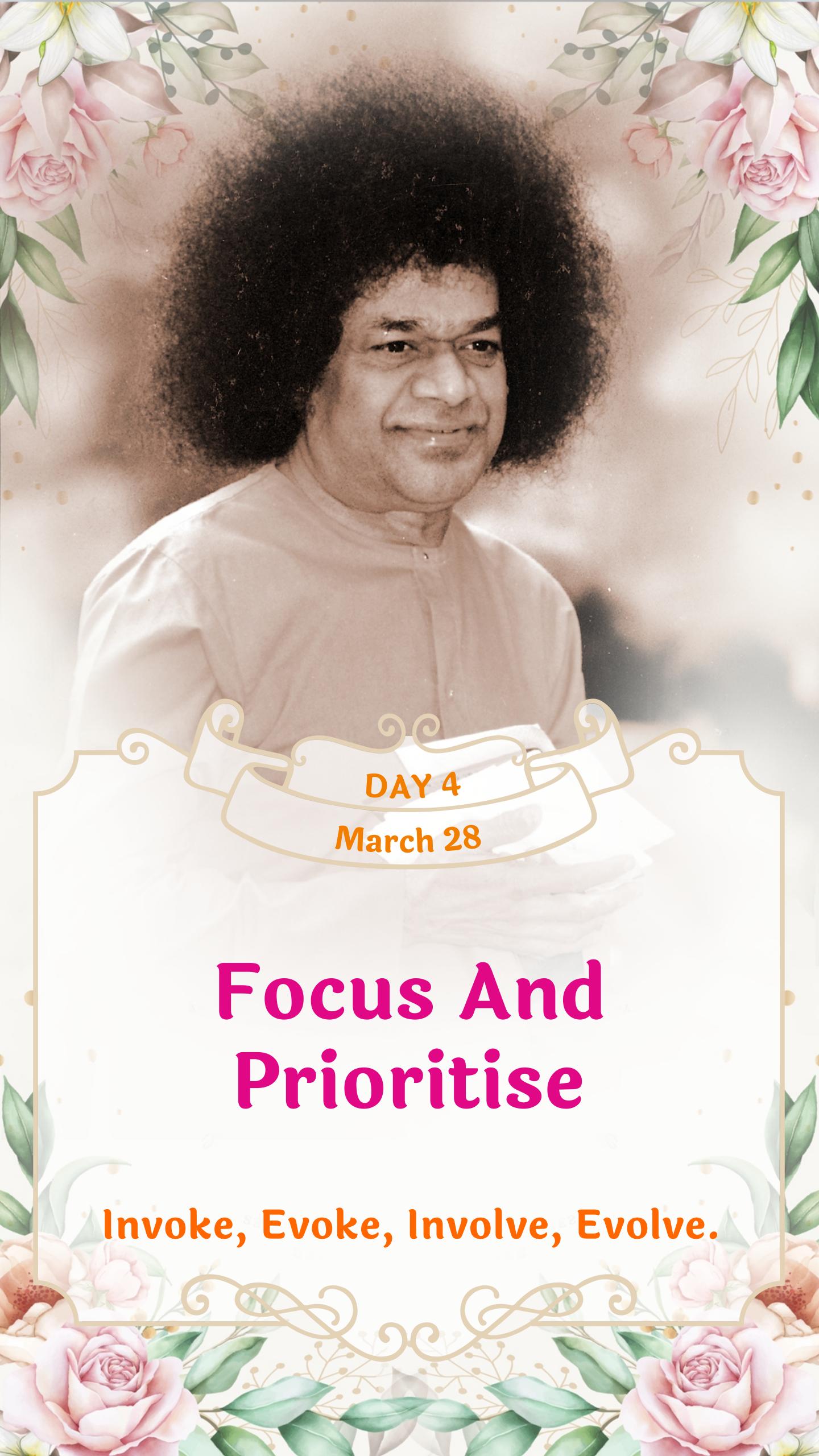
The given moment is Now! This day, this very moment...is the first day...the first moment of the rest of our life.

Must we not make a decisive decision and steer the mind towards a higher purpose behind all that is apparent?

What do we owe our Higher Self? Today...Rewind, Reassign, Remind the Mind!

A lot of time is spent in cleaning and beautifying temples as well as the altar reserved for prayers at home. Isn't the body a temple of God? What about decorating and adorning the altar within...the altar in our mind and heart...with elevating sentiments and enriching thoughts?

What do we owe this life that has received the colossal gift of having witnessed the Advent of the Lord of the Universe...of then being allowed to be a tiny part of His Story? What do we owe this life that has breathed in the same air as Him? That has heard the Avatar Vani...His Teachings, meant to draw us towards recognising our own divinity? That has been a witness to His Life...His Message? Then, what stops us from understanding the message in His Life and allowing our life to be His Message?



Today, let us determinedly focus on what should be our focus.

Here is a Loving Invitation –
Step in...experience Oneness with the self within...shun outer attractions.

Today, our all-consuming emphasis should be - 'Prioritise our Focus...Focus on our Purpose'.

Can we earn a living without focussing on the job we have been employed to do? So too, can we ever gain spiritual upliftment without any emphasis on our truth? By falling prey to the temporary, the fleeting attractions, the destructive trap laid by the world of excessive material gains...simply to prove our worth, we are losing out on the spiritual wealth waiting to be discovered.

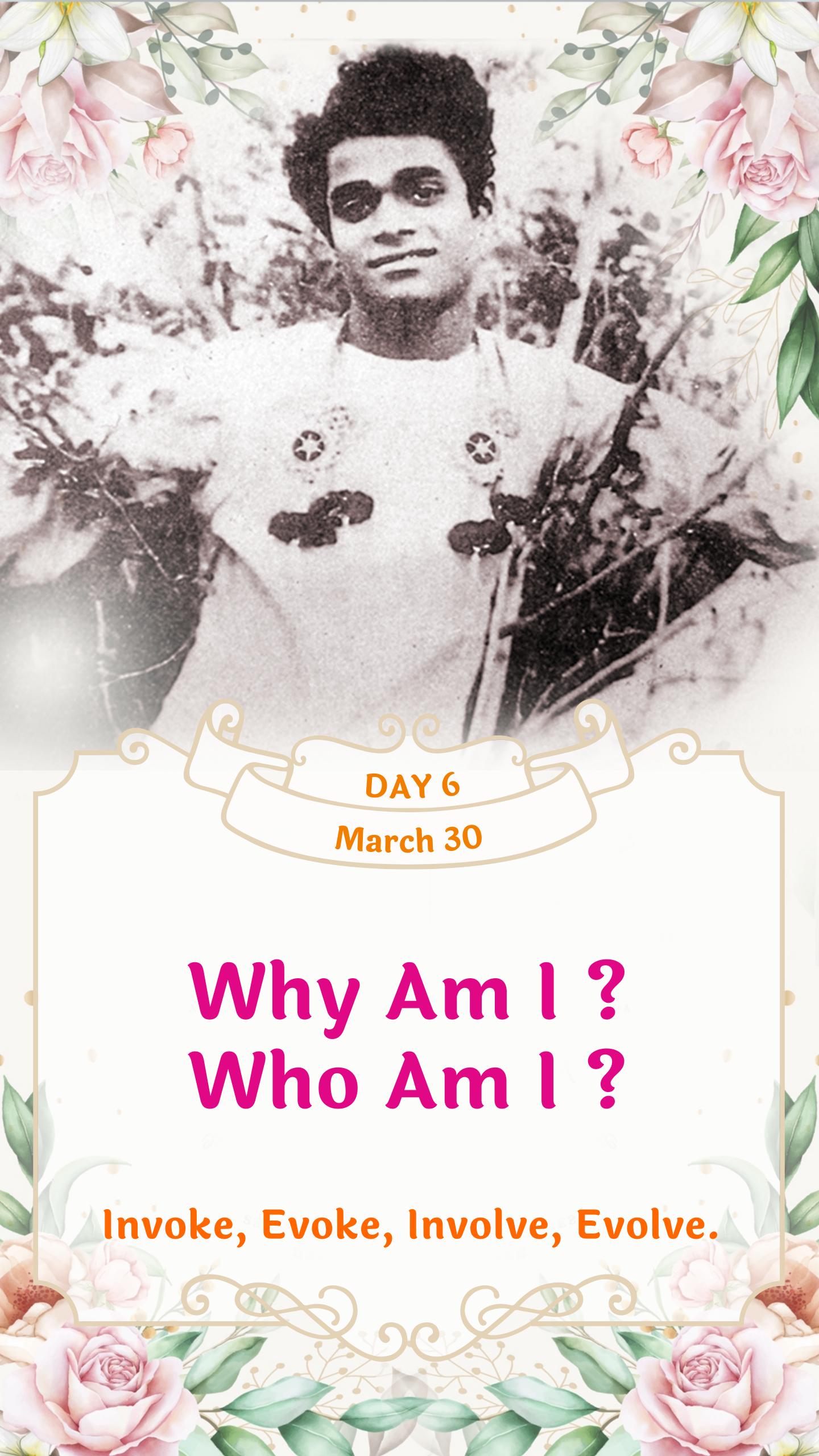
Without focus we are like a little boat adrift upon the stormy sea, tossed about by furious waves that take us far, far away from the lighthouse that provides guidance. The waves are our desires. The Lighthouse is Swami's Words. Through the sequences of eking out a living, let us not lose sight of the resolve for an awakening. On this day, let us commence a relentless pursuit of our own divinity, be aware of the divinity in all beings, the divinity in every bit in the Mineral, Plant, Animal and Human Spheres, and thereby consciously experience our Beloved Lord's supreme theme of Oneness.

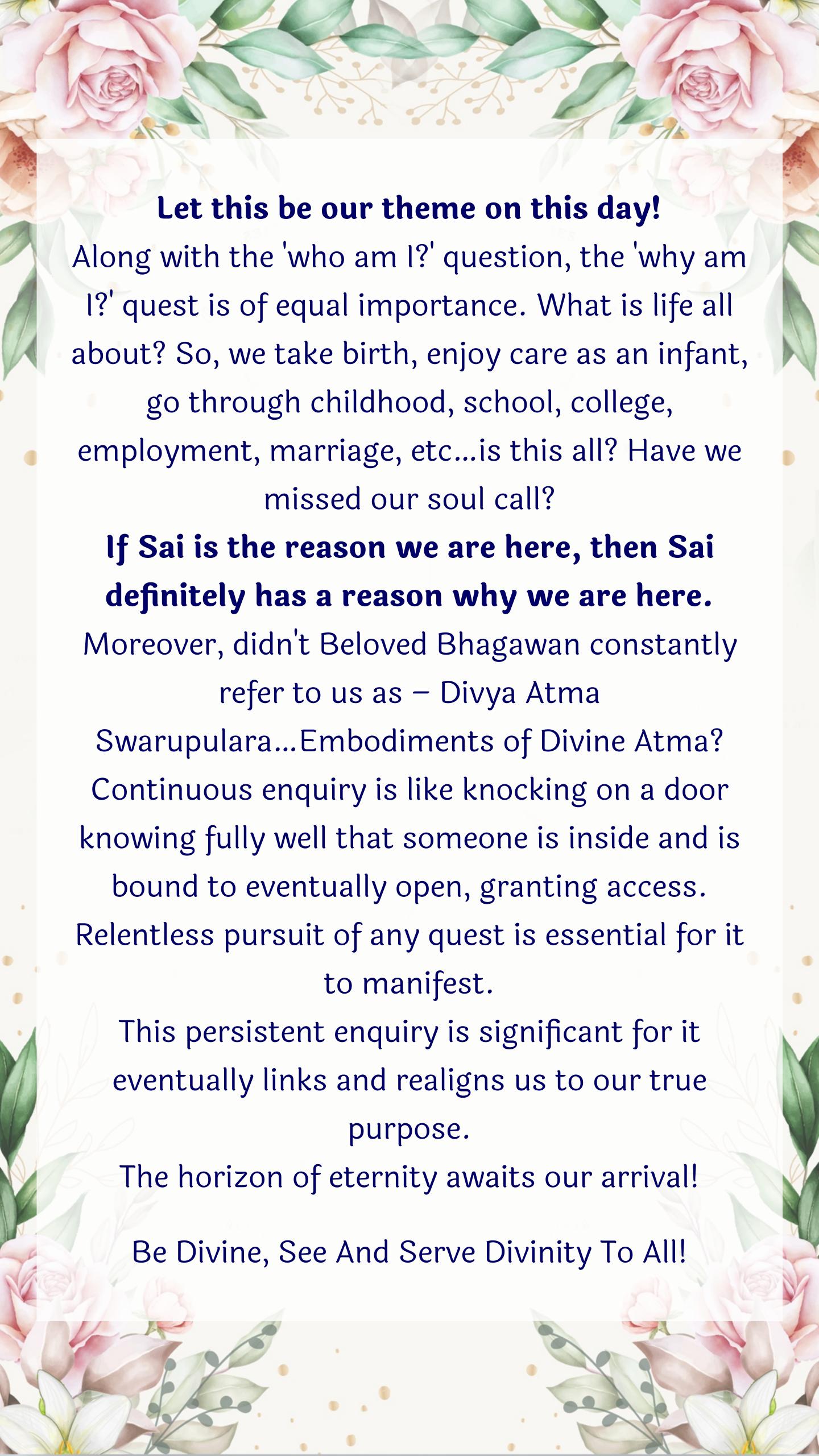


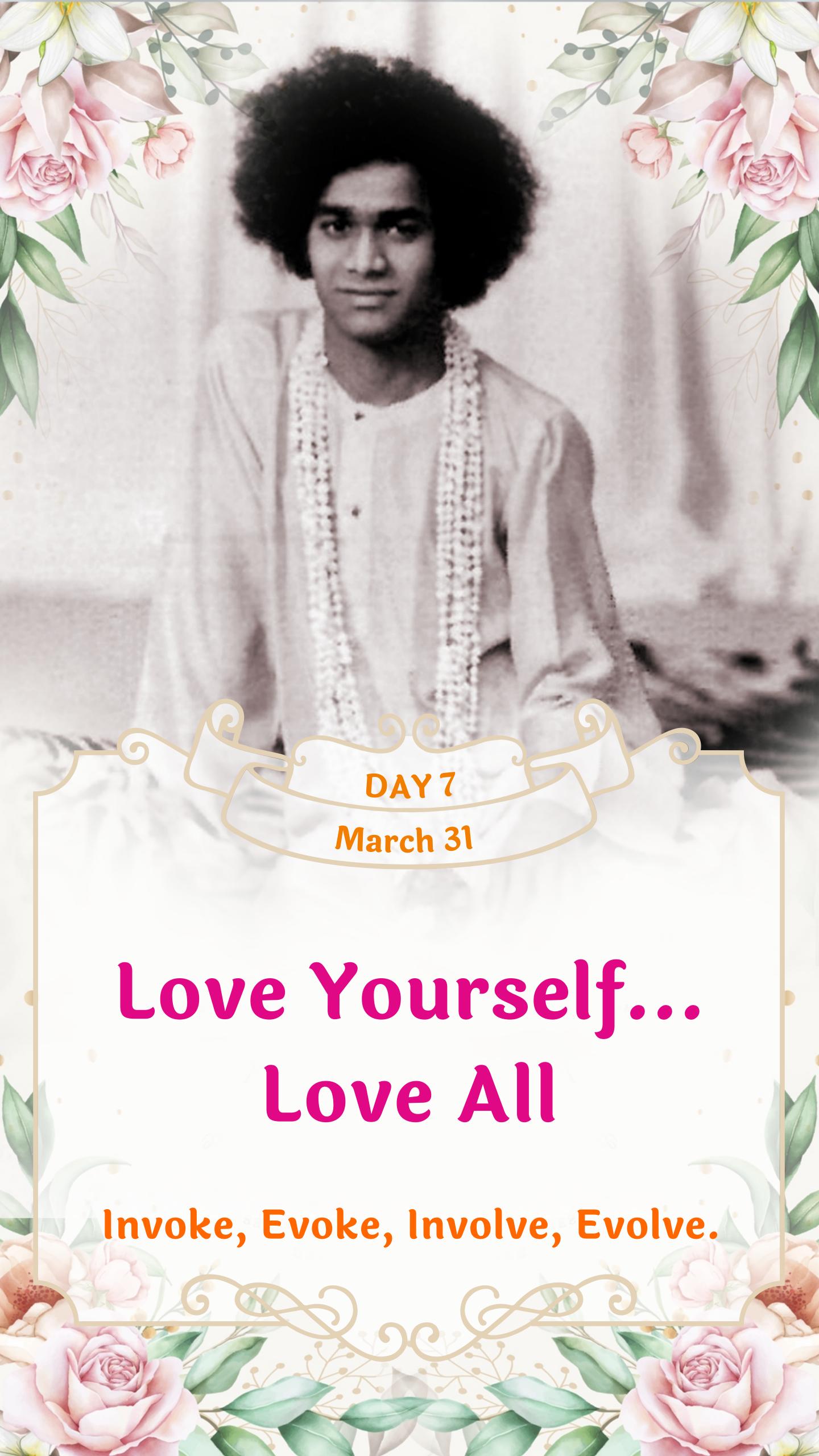
We can take a cue from Lord Surya as regards commitment! If it weren't for His commitment would we have a sunrise each morning? Commitment to the process is of utmost significance. Rather than the destination, the process should be given complete attention along with an all-consuming absorption. Consistent commitment is required or else continuity is lost. The process contributes distinctly to the learning experiences. Till we learn our lessons we remain stagnant, without progress. Time waits for none, the years roll by swiftly and unknown to us, quite subtly, attachments grip us tightly. A grip that is mighty and strong and so very difficult to shake off...especially when age welcomes us into its arms and impacts our mind and body.

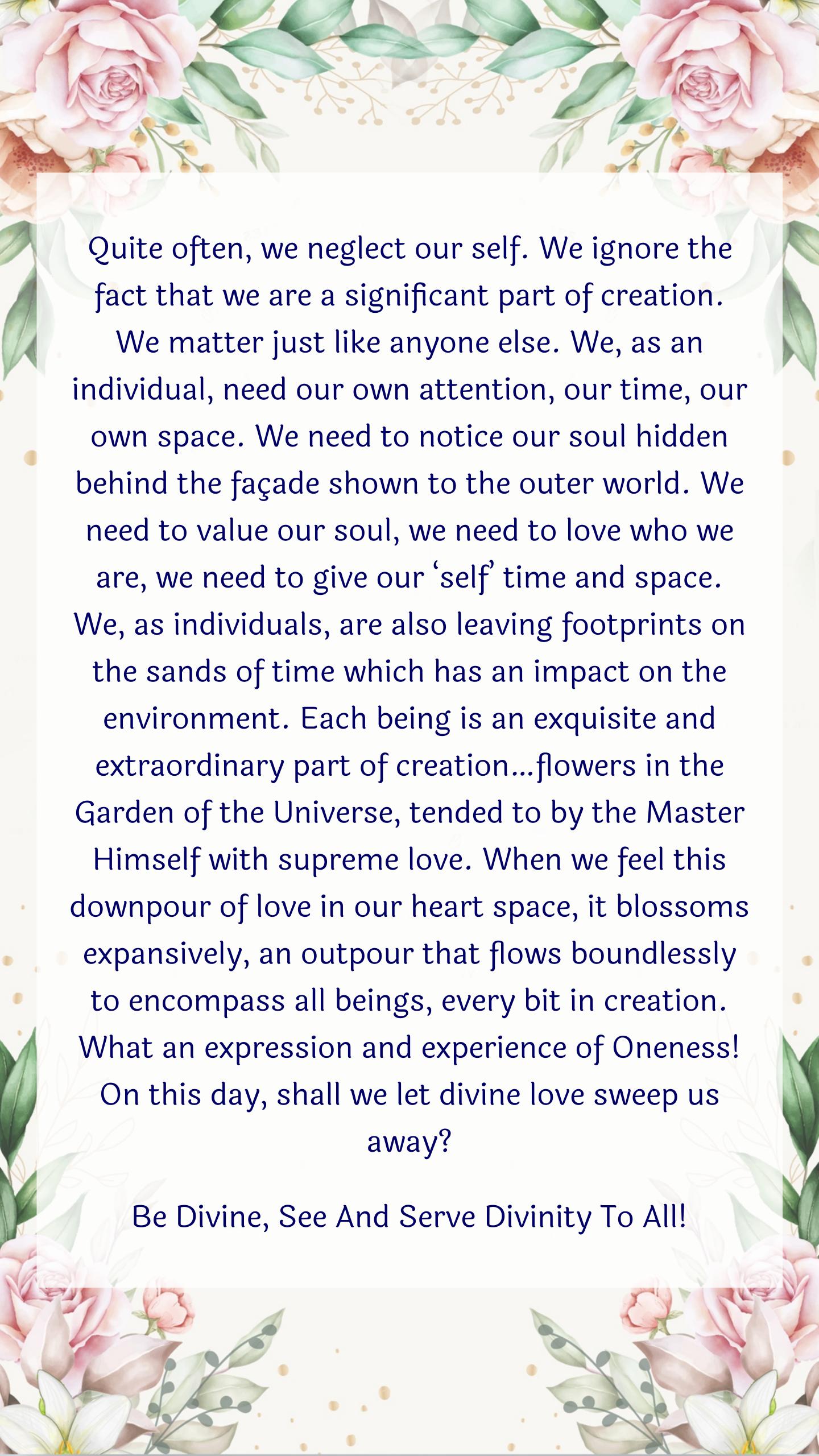
Let us begin this day by looking deep into Bhagawan's Lotus Eyes, and pledge an earnest commitment to Him - our Self and Source...to grow in awareness of a higher purpose...an enlightened way of living...to committedly seek an awakening.

Then know the glow within the heart space to be is His Response, the smiling flow of His Grace.

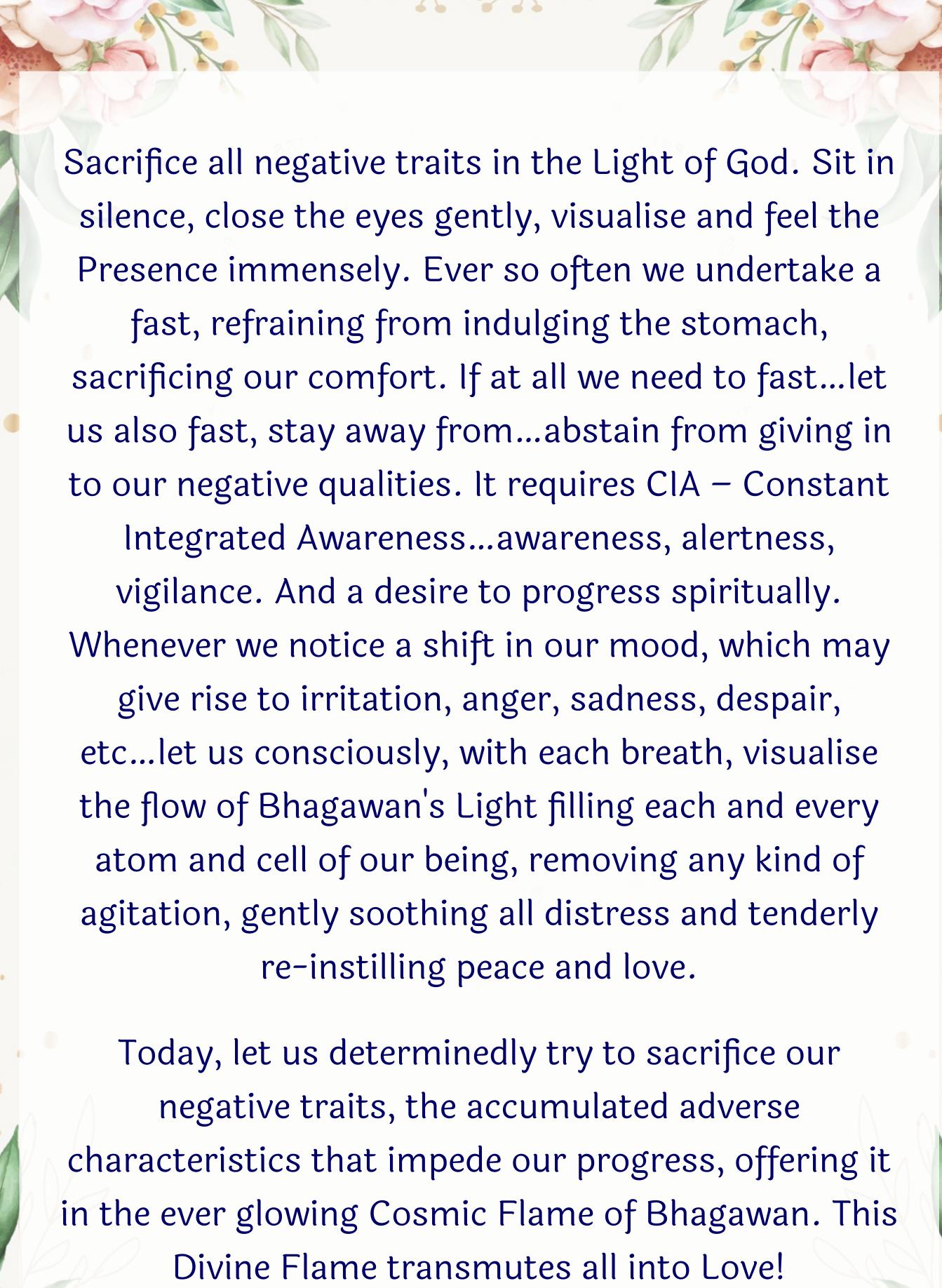


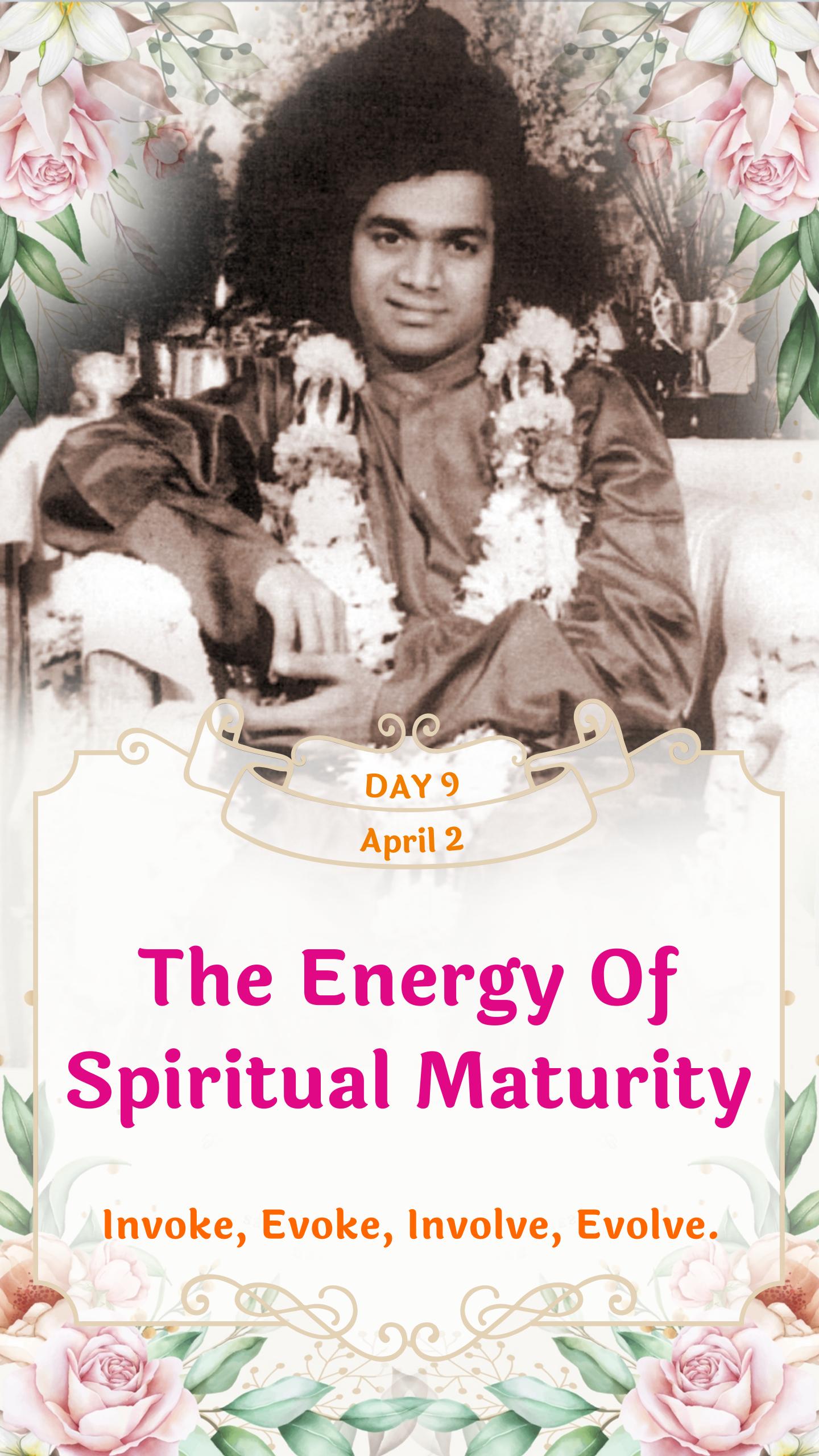












This deserves our attention today.

With the dawning of spiritual maturity a lot of layers fall away. Like onion peels! When we, with quiet understanding, give significance to the spirit behind the rituals, we deepen our own growth, we relink to our purpose. Rituals do not only refer to the formalities with regard to worship. It also

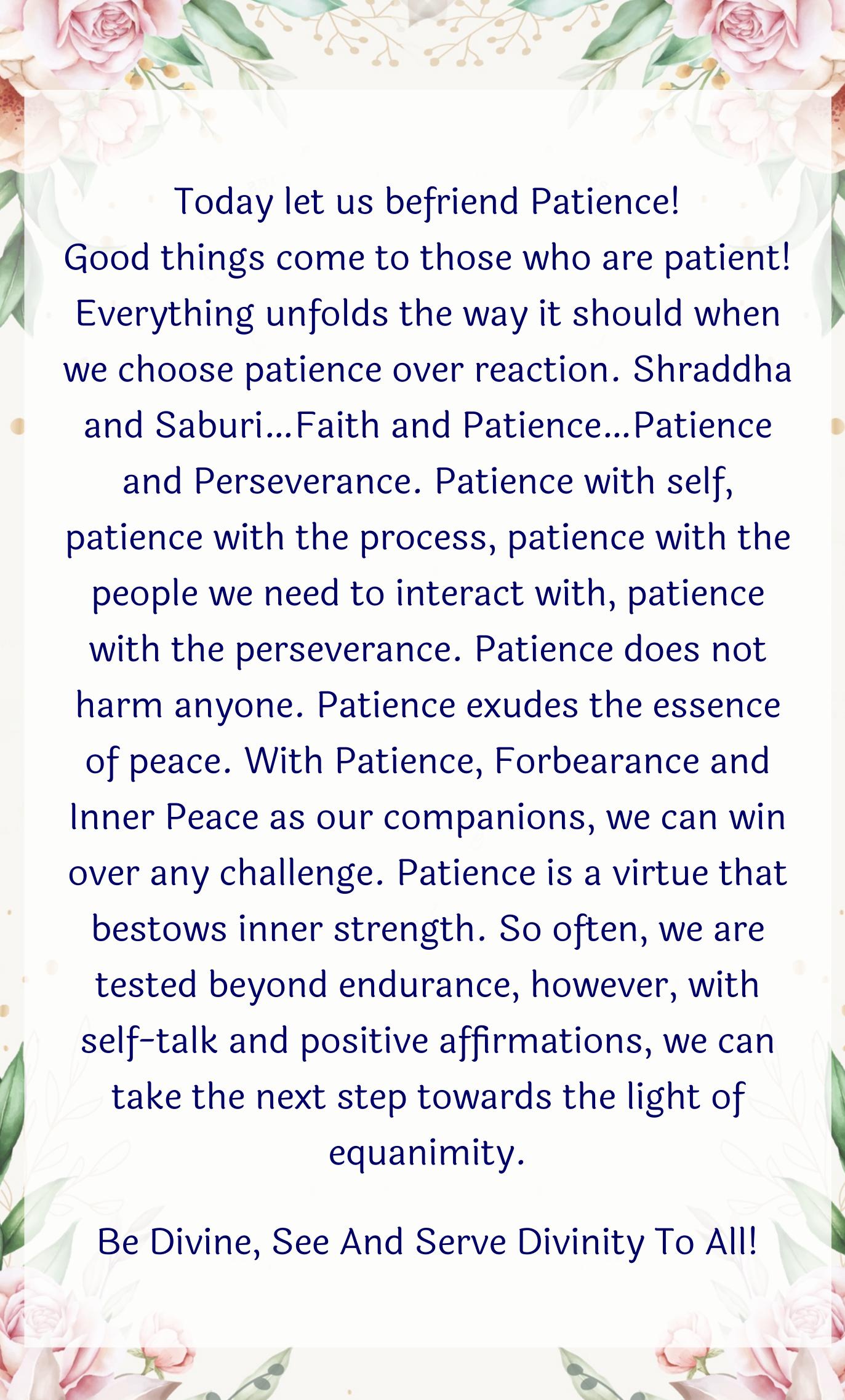
refers to the ritual of daily living. Are we consciously aware of what we are doing? Are we simply going about our day as would a robot? Are we reacting or responding? Are we even trying to be aware of the present moment? Are we aware of our breath, the gift of life, and what we owe our

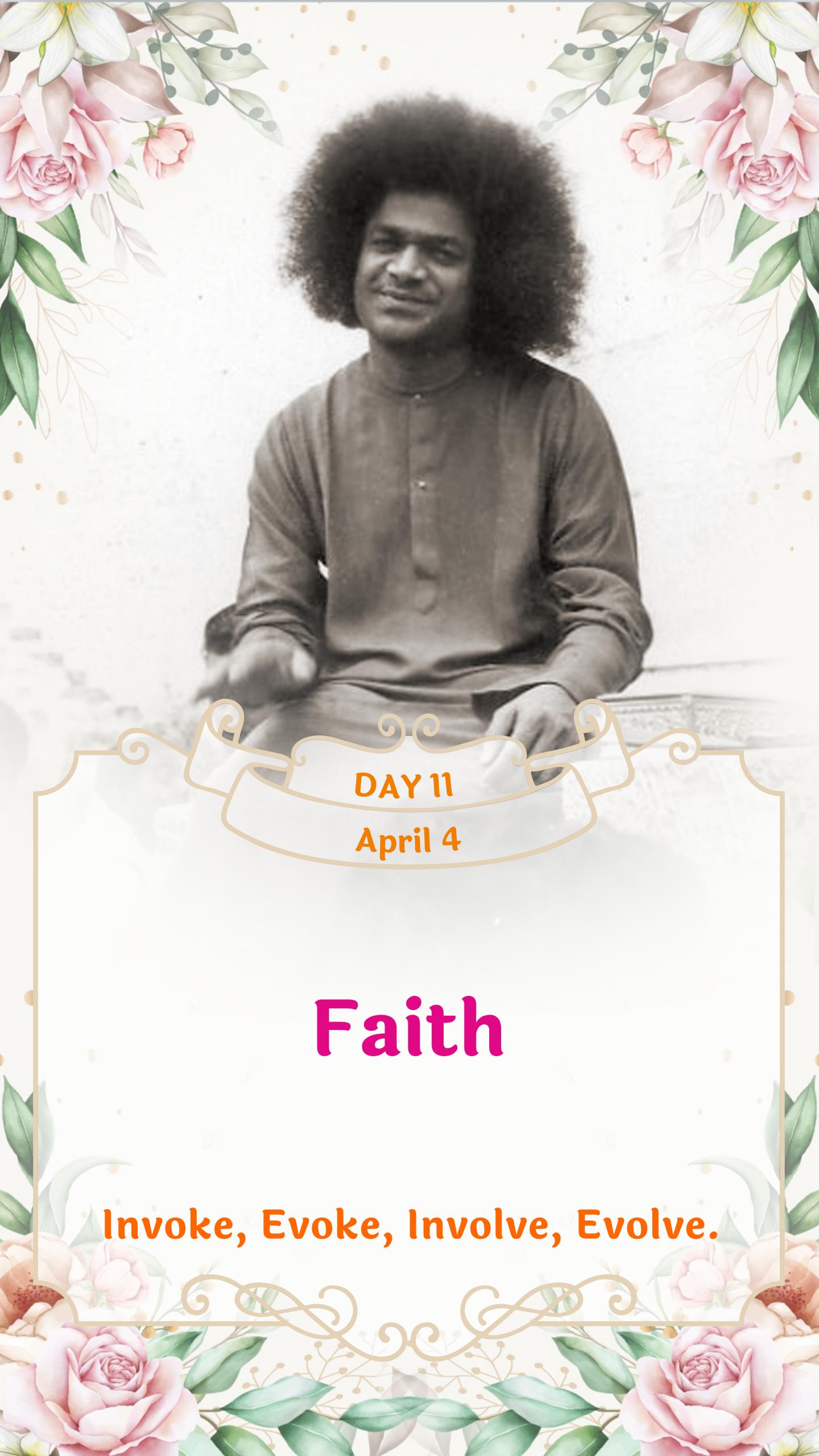
existence and that of all of creation?

Spiritual maturity helps us release and let go of a lot of unwanted baggage that we have burdened our heart and mind with. It steadies our emotions and with inner calm guides us along towards our purpose. It enhances our inherent intuitiveness.

Spiritual Maturity dawns when we choose to integrate and imitate divine qualities. We look within, and overlook so much around. If all human beings chose to adapt to divine qualities...what a magnificent impact it would make on the world we exist in!





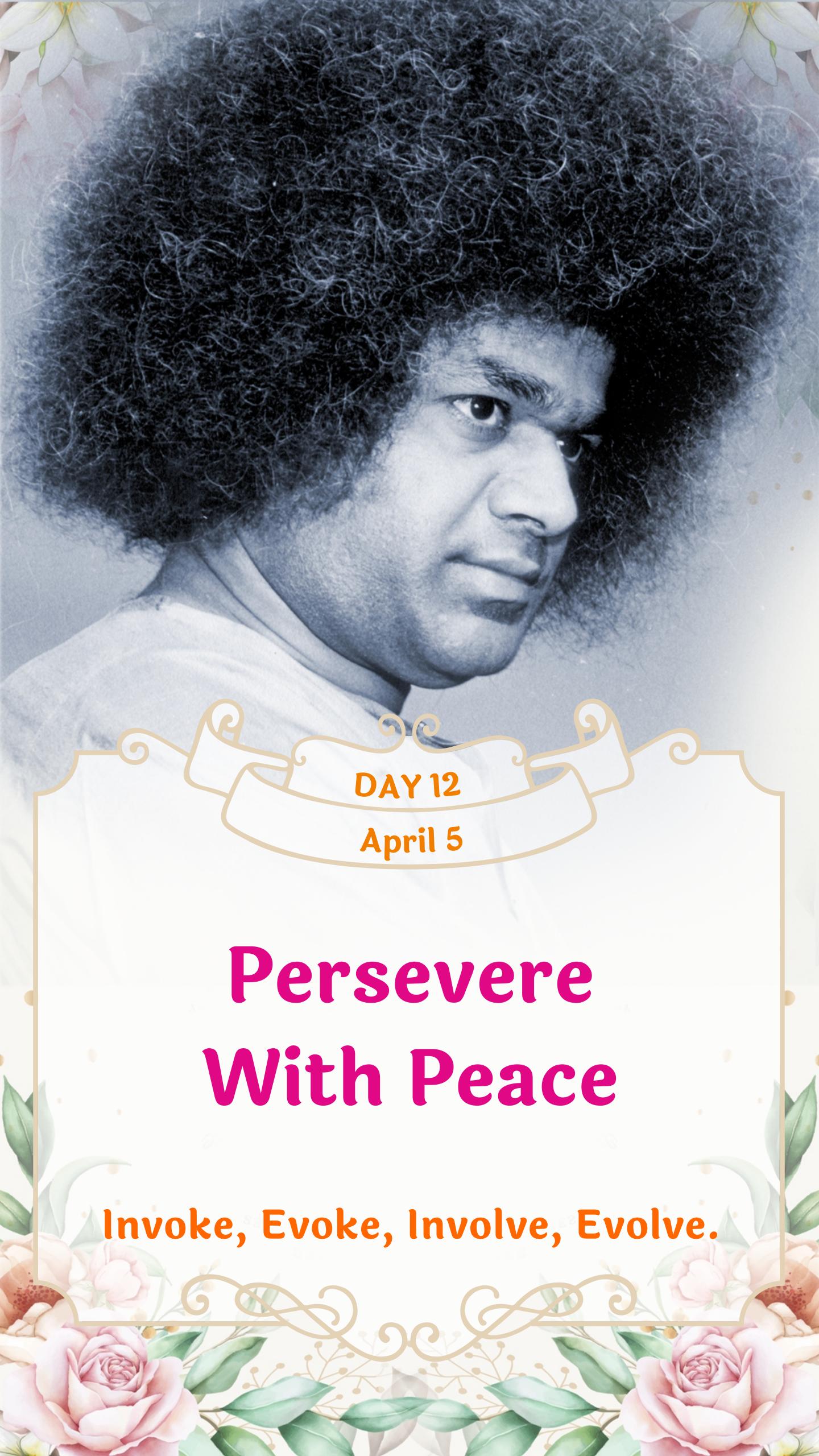


Hope has expectations. And expectations most often let us down. However, Faith is eternal.

Let us on this day restore the dignity that Faith deserves. Let Faith remain unsullied and afloat...above the ocean of material wants and desires and the resulting waves of expectations. Like the rise and fall of the tides, the desires within the sea of daily life also continually ebb and flow. Let us have absolute faith in the higher purpose.

Let us have faith in the truth of our existence, our inherent divinity. Let us repose complete faith in faith. Faith should be steady, steadfast and unshakeable...like the roots of the mighty banyan tree. Should we not have enduring and relentless faith that Beloved Bhagawan is chaperoning us into the awakening of our own divinity?

On this day, in the Eternal Jyoti, the Shimmering Light of our Lord, let us...our doubts dissolve. Have Faith in Faith!



Our peace should never be dependent on outer situations nor on any other being.

Peace is the natural state of the soul. In the stillness of silence, as we go beyond the play of the senses and their objects, we chance upon this state of peace. Howsoever momentary in the beginning, with practice it becomes like an oasis in the dreary sands of existence. And, if we keep going back to it, attuning to it, we begin to reflect it spontaneously. When we exude peace constantly, it affects our environment positively.

We are the change we seek!

The peace of the soul is seeking release lying frozen and buried beneath the colossal glaciers of desires. Whatever we gain from the play between the senses and the objects of fascination is temporary. Experiences in the physical world quite often reduce us to pieces. But the inward journey bestows peace. Today, let us persevere with peace towards the calm and serene glades of inner harmony and peace!



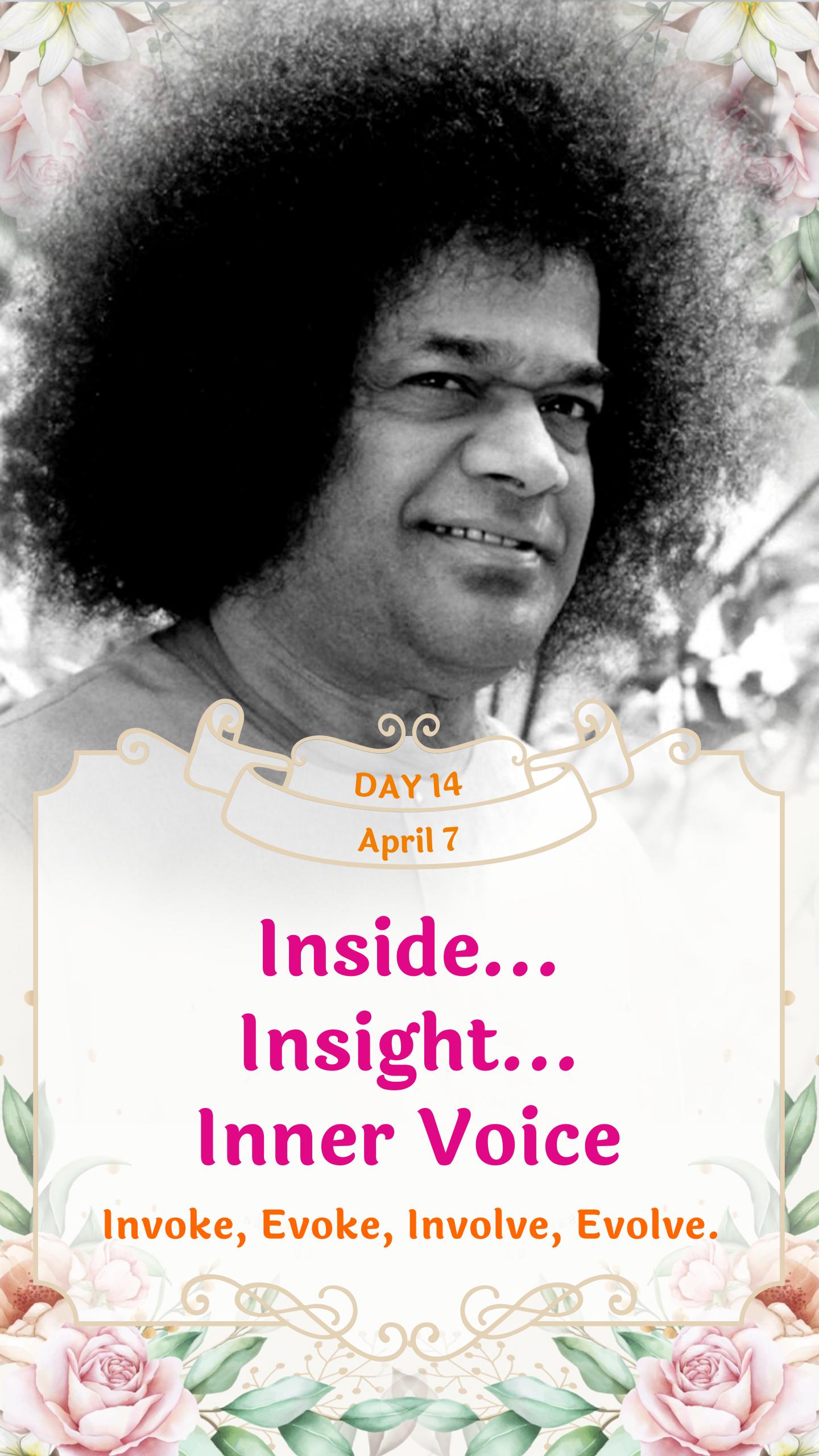
At some time or the other, each one experiences and suffers the dark night of the soul and longs to awaken to the pink hues of a wonderful dawn. This dark night, so to say, is experienced when one is overwhelmed by circumstances...whether triggered by the mind, emotions, physical trauma, certain negative interactions, unpleasant memories that have scarred, etc. One then longs for a dawn that may announce better times.

The dawn of realisation that there is more to life!

That there is a more significant purpose and each experience is drawing us closer to that purpose. Though the sun never sets...it is always shining in some part of the globe, however, if life is one long day, sunset is as yet far away. And, it is so comforting to know that there is always a daybreak! As our Hrudayawasa, In-dweller of our heart, Beloved Bhagawan is closer than the breath we take. His Essence enlivens each cell of our being.

Every drop of blood flows as would a river of joy...cruising on through the body knowing its source to be the Effulgent Presence within the heart. Bhagawan is

our Sanathana Sarathi, our Divine Sakha and Saathi...Charioteer, Friend and Companion...waiting to guide and propel us towards an illumination, a revelation of our own Divinity. Why fear when He is forever within and near! Today, in full awareness of His Presence, let us awaken to that dawn, that realisation of our truth, that eradicates all darkness completely...that clears the mist brought on by murky samskaras and reveals the reality that the soul is forever effulgent.

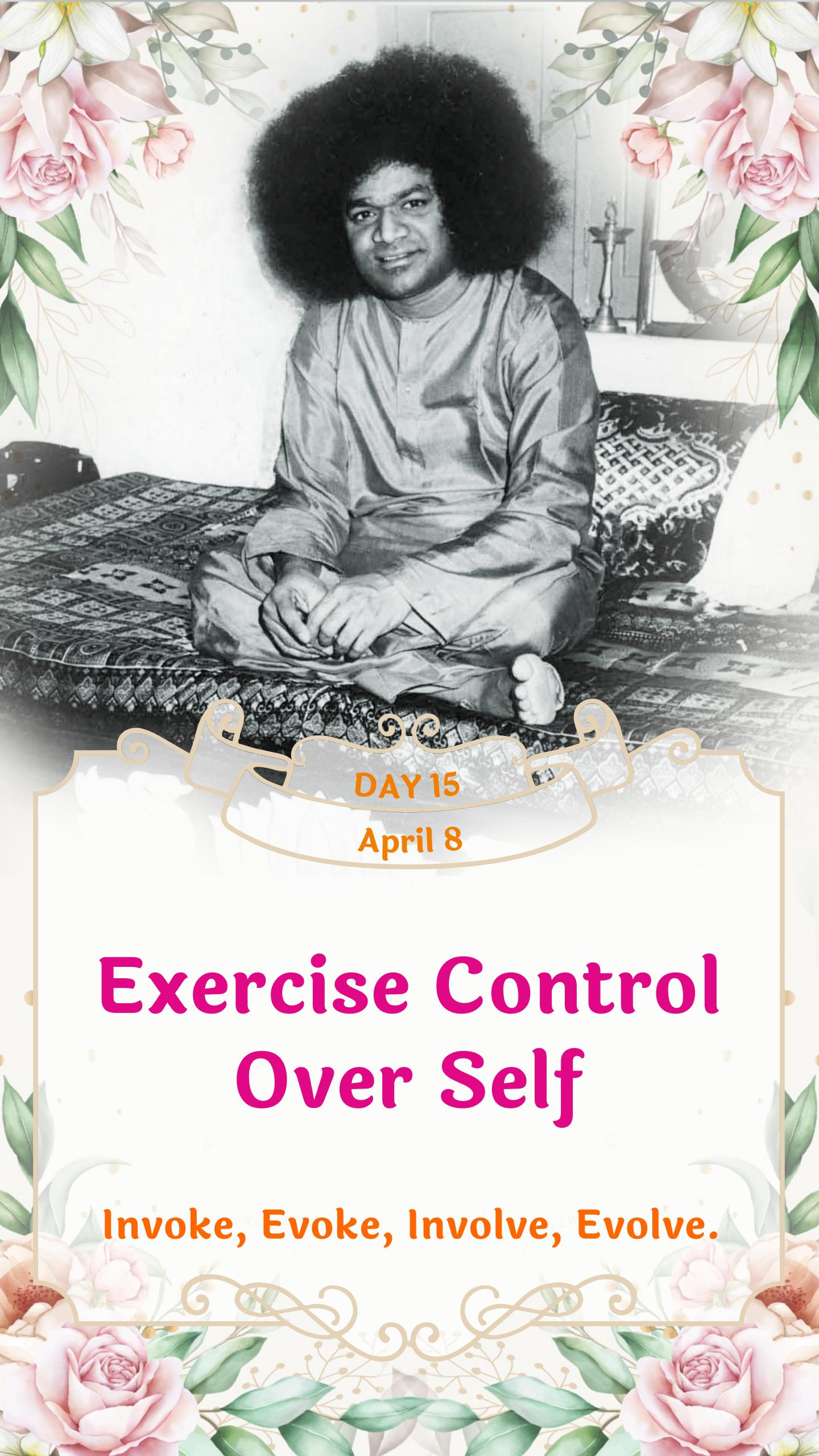


From forever straying outside...to a foray inside...this, is the most adventurous journey!
Today, let us relinquish the thoughts that cloud and crowd the mind and steer it towards stillness. It will turn out to be the greatest expedition, yet we do not have to physically exert at all. If only we develop a

desire for it, life would acquire significant momentum. So often, we find ourselves curious to know – who is doing what, who is going where, who is wearing what...most people are inquisitive about the other person's life...the life of those they have never met...how about turning the direction of this curiosity towards our inner self? To enhancing our insight? To tuning in to our inner voice? To our own goal? **During these trying times that the world is**

facing, through the year 2020...and, as yet ongoing in 2021 too...this inner interaction for sure is liberating...it does not require us to wear a mask, nor does it demand that we must follow the norm of social distancing, nor do we need to keep washing our hands or use the sanitizer constantly. For, this spiritual encounter takes us away from crowds and crowded places to a sphere

where we experience stillness, serenity and equanimity – Oneness! When we awaken to this oneness and revel in it, we can be alone without being lonely.



Exercise control over self...not over others. We cannot control the thoughts, words and deeds of others. But, surely we can try our best to control our own. Our transformation depends solely on us. Be inspired to transform! No one is perfect...there is always room for improvement. It commences when we are honest about ourselves. Self-Evaluation through introspection and inspection of the mind! What are the flaws to overcome, what needs to be corrected? Often, it's not what we do or say that hurts others as well as us too,

away with judging, blaming, opining, backbiting or indulging in spiteful talk...are we not being insincere to the self within us and all others? Is it not a sheer waste of time and energy?

but that which we overlook to do or say causes

much more intense pain. When we get carried

On this day, shall we focus on the supremacy of our own self, ever so blemishless and pure? Isn't this true of the soul of every other being too?



It is easy to do what we like to do with enthusiasm and vigour. The challenge we need to accept is to do all that we **have** to do with fervour, gusto and passion. **Put true spirit into each activity! This should be our aim today.** Then, even the most mundane act comes alive and becomes lively. When we connect to the spirit behind and beyond each act...we put soul into it. Joy then bubbles over.

Let us experience this expansive sentiment today.

Rituals refer to the outer world. It can become mechanical. Spiritual is that which brims from within. Let us take a cue from Bhagawan's Life...every sankalpa, every expression, every act, every word flowed from a realm beyond the physical...it exuded the mystical fragrance of the Highest, the Ultimate...and it had its basis in Selfless Love.

Whether it is Narayan Seva or reaching out to human beings, animals, birds, aquatic creatures; or planting trees; or cleaning up a water body; etc...let us be aware of and be immersed in the Principle of Oneness, the Essence of Love, the Presence of the Higher Soul that pervades all and thereby, in a wholesome manner, spiritualise our approach, our perception.

Shall we try this today?



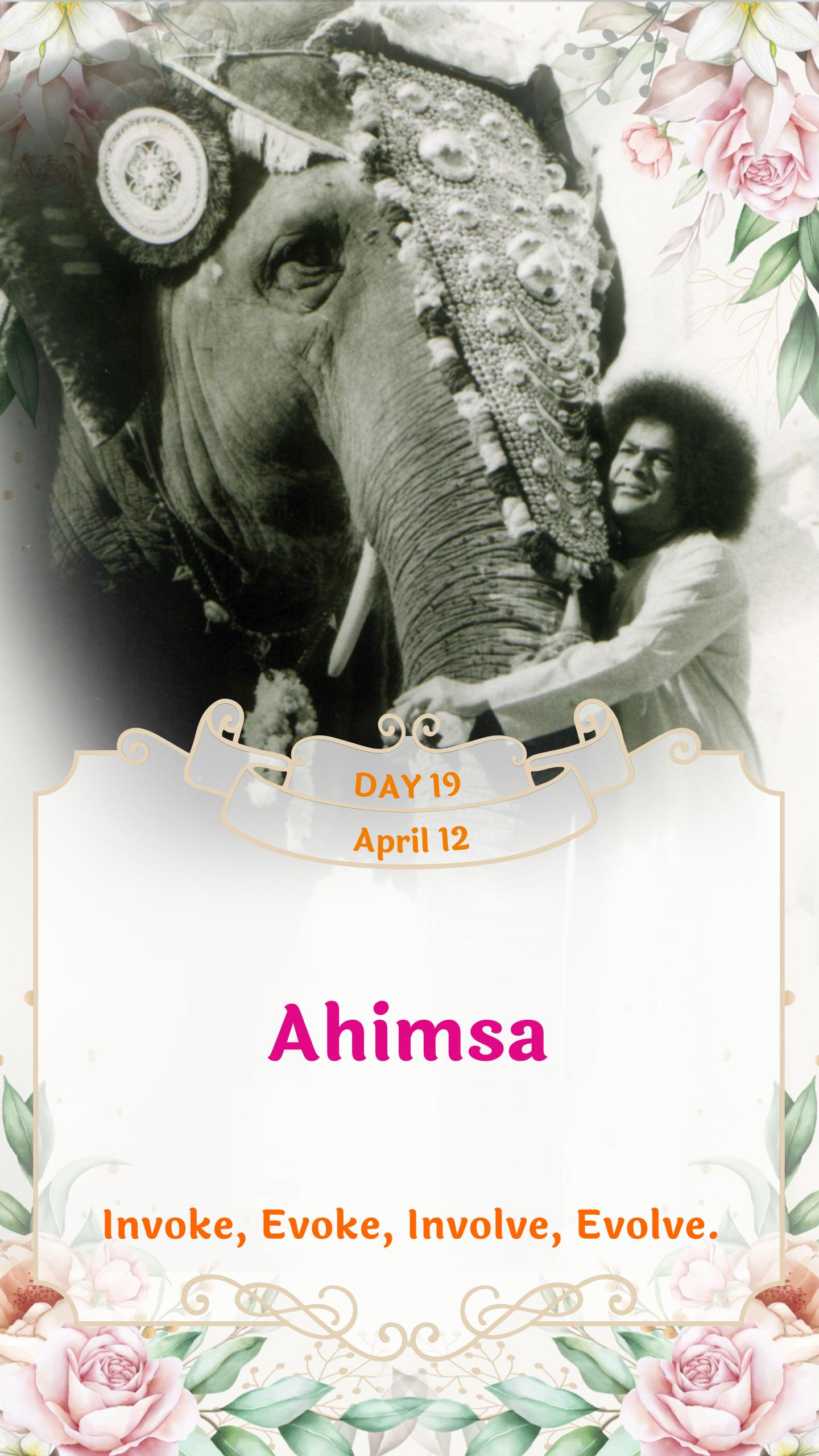
Any and every other kind of obsession encourages further drowning in the dark whirlpool represented by excessive wants, desires and hopeless cravings. However, devotion to God Obsession...unfurls a radiance, a blessed, intangible frequency that impacts our growth, our transformation...our being receptive to the inner calling.

When we perceive the divine in all beings and things in the environment, in the animate as well as the inanimate, when we experience this joy of Oneness, each cell of the being reverberates with Divine Essence. Namasmaran, Bhajan or any other kind of worship, when it is performed with true adoration of the One Absolute, we are gradually drawn to recognise our own divinity. To enhance this passion for the Divine, let us get a new SIM for the mind...and make Sai the Service Provider! No cost and no Adhaar Card or permanent address required...for He is our Adhaar - our eternal basis, support, foundation...and our permanent address is His Heart! He is ever willing...and ever present to help. S A I - See Always Inside! SIM - Sai In Me.

Behave divine and radiate Divinity!



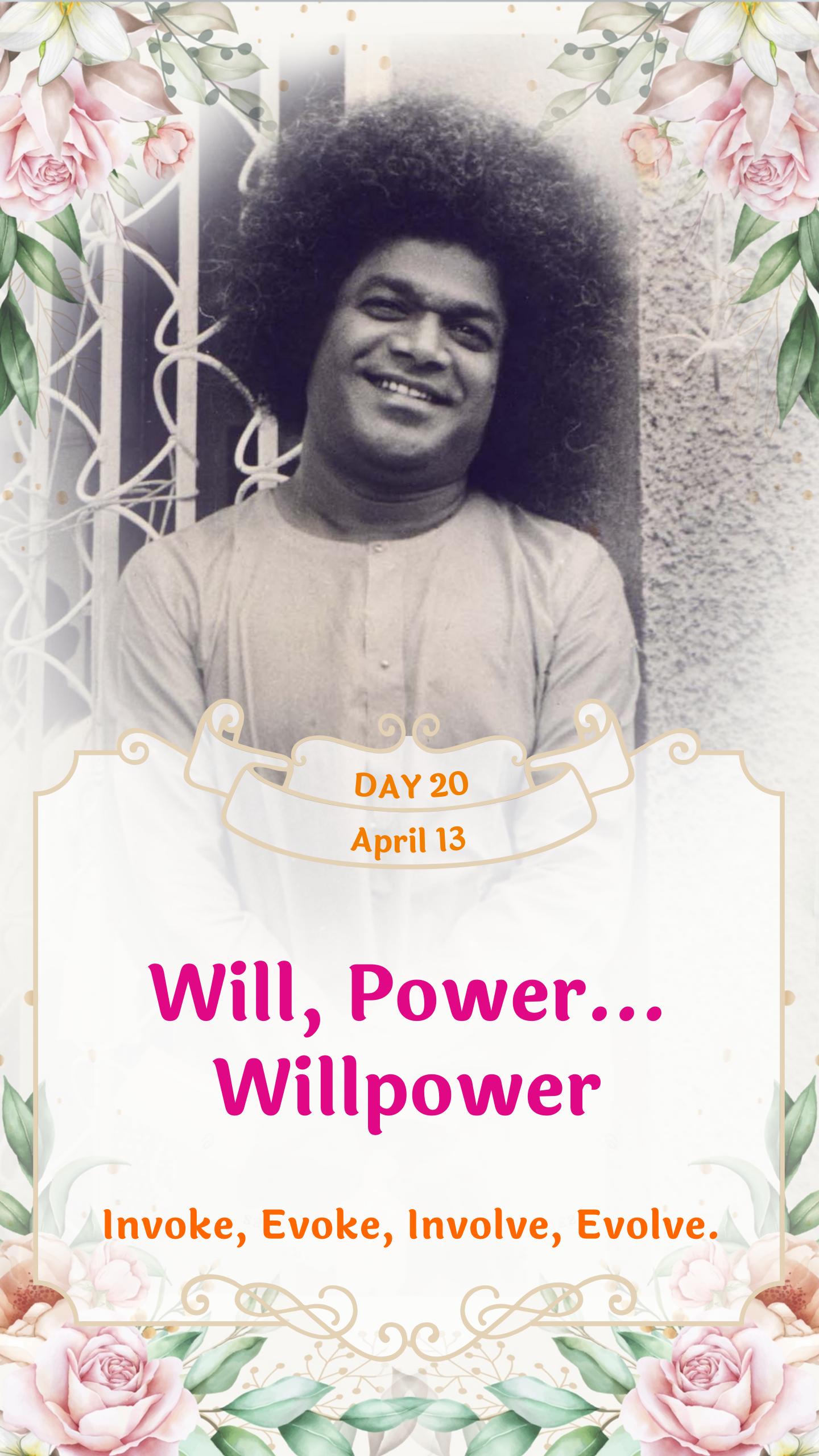
Intensity decides the 'innernet' speed and the 'intuitive data' we receive. Our intensity enhances our inner connection. It's akin to the rapidity in the postal system – a simple letter, a speed post or a telegram. Our urgency makes the choice. Then again, if there is no pin code the delivery of the letter slows down. Intensity is the pin code too. If we aspire to reach the exquisite realm of the self within, we need to magnify our intensity. When we have to attend a wedding or any other public function, so much focus and concentration is given to grooming...the clothes, shoes, hairstyle, make-up, accessories, etc. Today, how about intensifying the grooming of the mind? Do we not owe a more profound, deep and impassioned effort to reach the Self within, and participate in the eternal celebration therein?

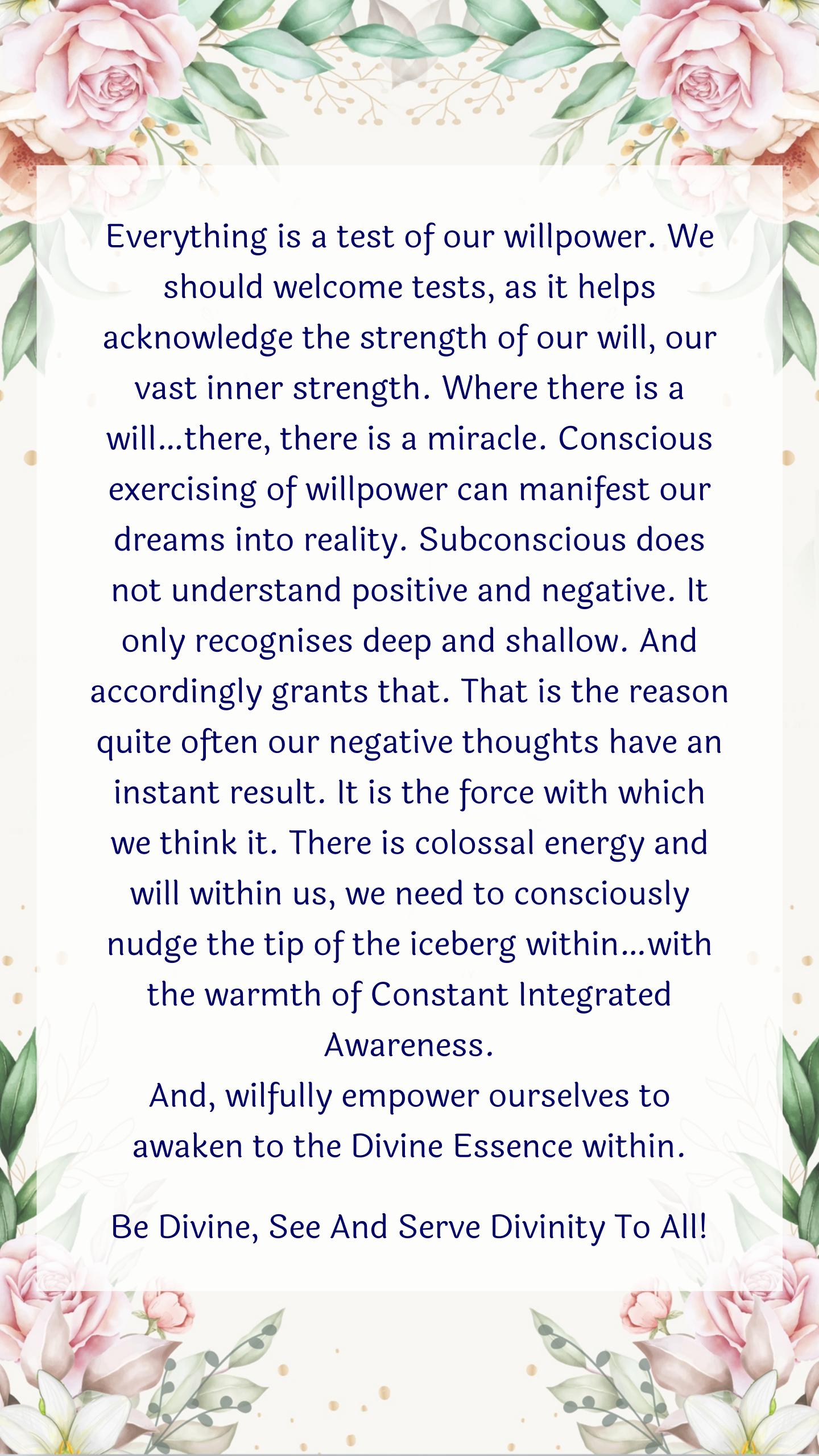


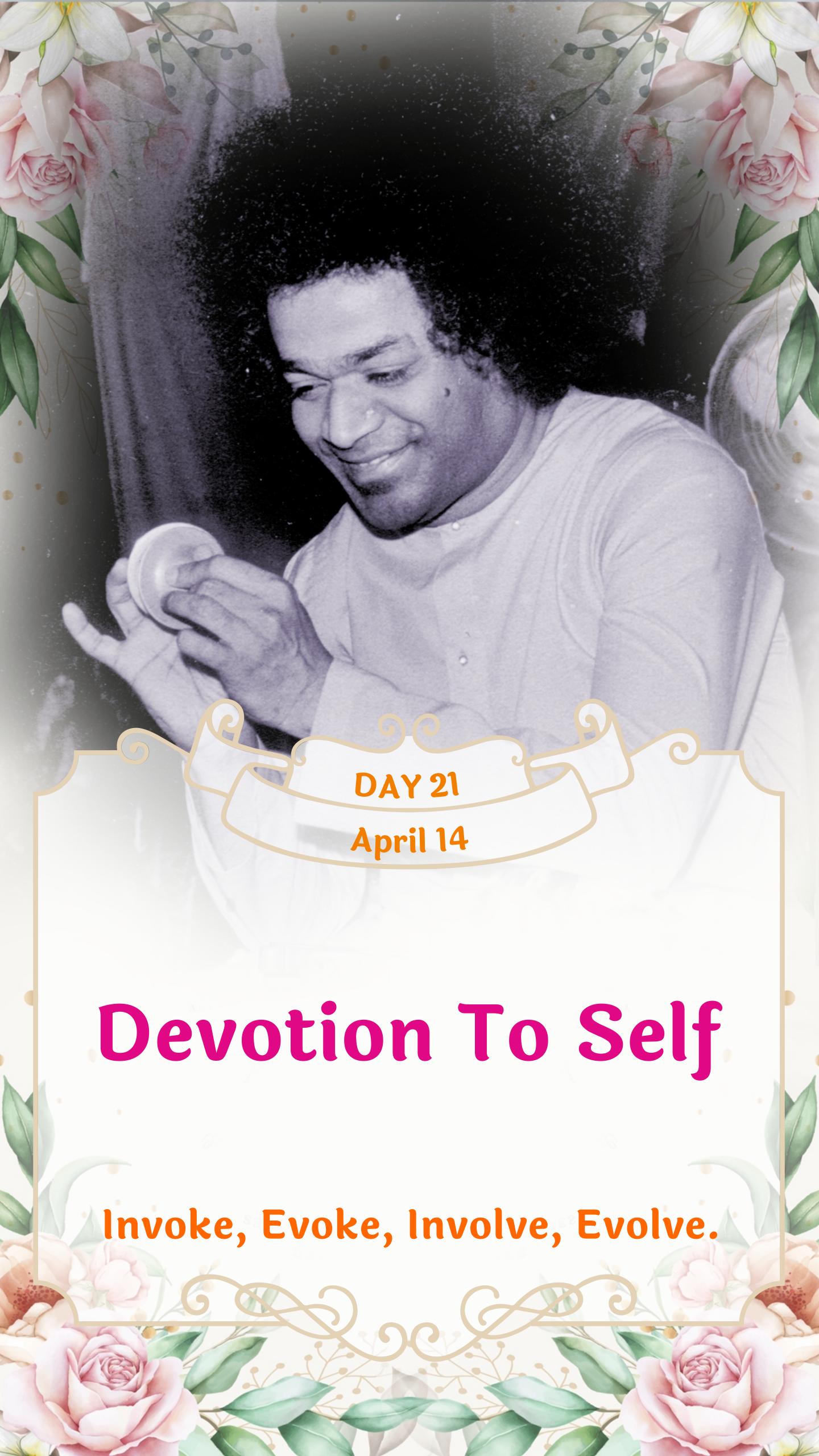
Ahimsa and Maitri Bhav...Non Violence and Kindred Sentiments. Ahimsa is the avoidance of violence. Ahimsa needs to be followed vigilantly in thought, word and deed.

Ahimsa smoothens the wrinkles in the heart, for it opens us up to kindness. It floods the core with love, gently blossoming the fragrant flow of Maitri Bhav. It is a way of life that accords reverence for all life and exudes universal love and compassion. Ahimsa towards others and Ahimsa towards self too! The practice of Ahimsa reveals a refinement within...that all life is sacred...leading to an illumined way of existing. By steadfastly adapting to Ahimsa, we eventually drop negative traits and birth ourselves into a still calmness. Live and Let Live. Where there is Ahimsa...there is Love. Where there is Love there...there is God! Love is within, God is within!

Through Ahimsa let us know Oneness Abounds. This should be our maxim today.

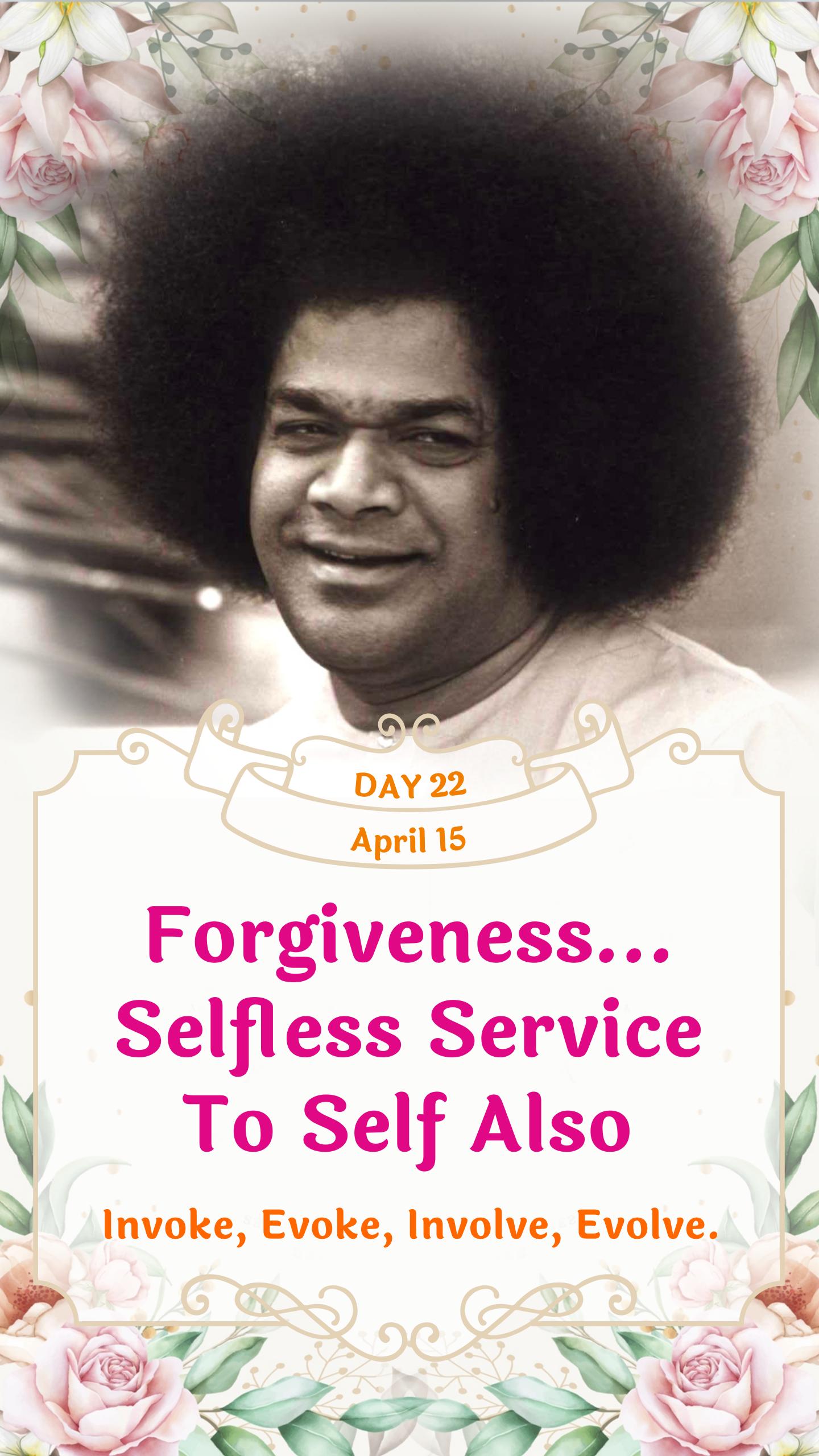






Today, with supreme certainty...let us be conscious of the fact that we are all living in the Ocean of Consciousness. All our activities, mundane or otherwise, are taking place within this luminescent, all-pervading Light. It is forever encircling us, touching us, guiding us, loving us. This Effulgence, unseen to the naked eye, is all-pervading, ever compassionate, sensitive, intelligent, full of wisdom. This Light exists within each of us also as our conscience and envelops all that is around us too...all beings and things...animate as well as inanimate! This Shimmering Light is our truth! And, the truth of all beings in creation. It is our life force energy...and energy is our truth.

Shouldn't we then grant our time today to know this radiance within and be conscious of it with each breath, each thought, each deed? Should we not mull over and be devoted to the fact that we are all sparks of the Divine? This knowledge when reaffirmed constantly, will it not draw us closer to the acceptance of our own divinity?



Even as we 'Love All and Serve All'...'Help Ever, Hurt Never' we cannot and should not overlook the presence of the self within. We need to be kind to our self too. The soul is the all-powerful engine that empowers the body. It needs nurturing and love. It needs our time and space. Without the presence of the soul, the body has no life! Through the errors, mistakes, blunders, embarrassments...rise above blaming and berating self, getting annoyed with self, feeling guilty all the while, and thereby gathering layers and peels on the psyche continuously, making the mind feel worn and torn with scars and blisters, battered and bruised. No one is flawless.

Repent, atone, forgive and move on.

We are here to strive towards perfection. Thus, put up a – 'Work in Progress' board mentally and be patient with self. No one is born perfect, no one is free from committing mistakes. Let us begin a new tryst with life by forgiving ourselves and all others who may have hurt us knowingly or unknowingly.

Feel lighter. Serve the Self...love, joy, peaceful happy thoughts, optimistic feelings, positive affirmations that confirm, reaffirm, firmly urge and help strive towards an awakening. To err is human, to forgive is divine. Forgiveness is a virtue that floods the heart with the light of peace. Love All, Forgive All. Love Self, Forgive Self.

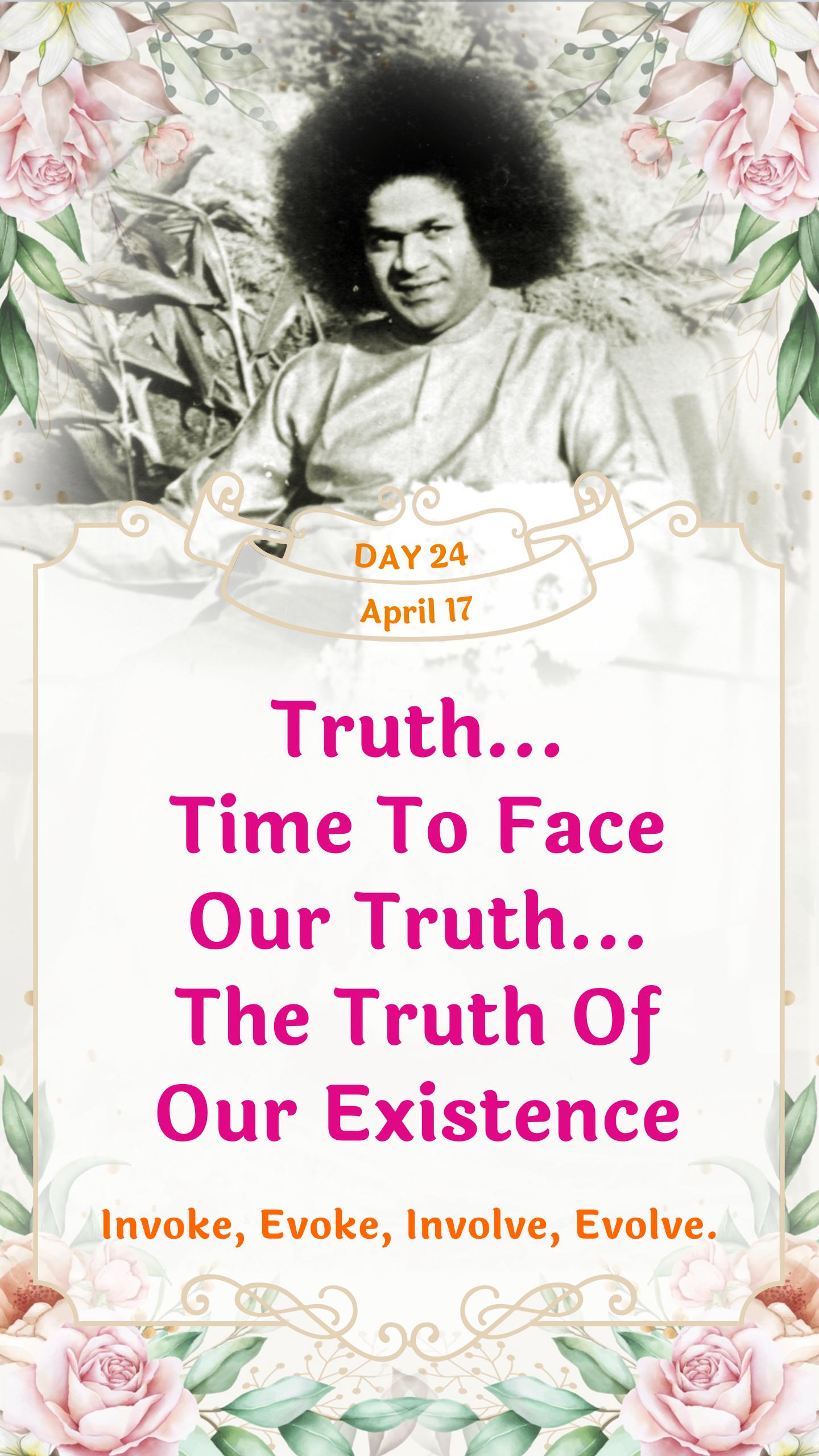


In order to move forward, we need to clear the clutter within. Just as we wash and iron our clothes, dust and clean our homes, so that our outer environment does not appear shabby, we need to clear the clutter within. When we check-in at the airport we pay for excess baggage, do we not? So too, when there is a huddle and muddle of thoughts and emotions churning inside, we have to pay for this 'mental excess baggage' by remaining in a state of despair – stagnant with no growth!

The dark patches in our heart, which we carry around as superfluous luggage – resentment, anger, blame, guilt, etc., only retards our pace.

When we, with steadfast resolve and determination, commit and then honour our commitment to remove, do away with, eliminate this unnecessary load the heart feels lighter.

Bhagawan is our Hrudayawasa...the In-dweller of our heart...do we not suffocate Him when we fill our core with such unwanted sentiments? Even as we visit temples and shrines...let us not ignore or forget to keep the temple within clean and pure. Then we can radiate our truth with waves of unconditional love.

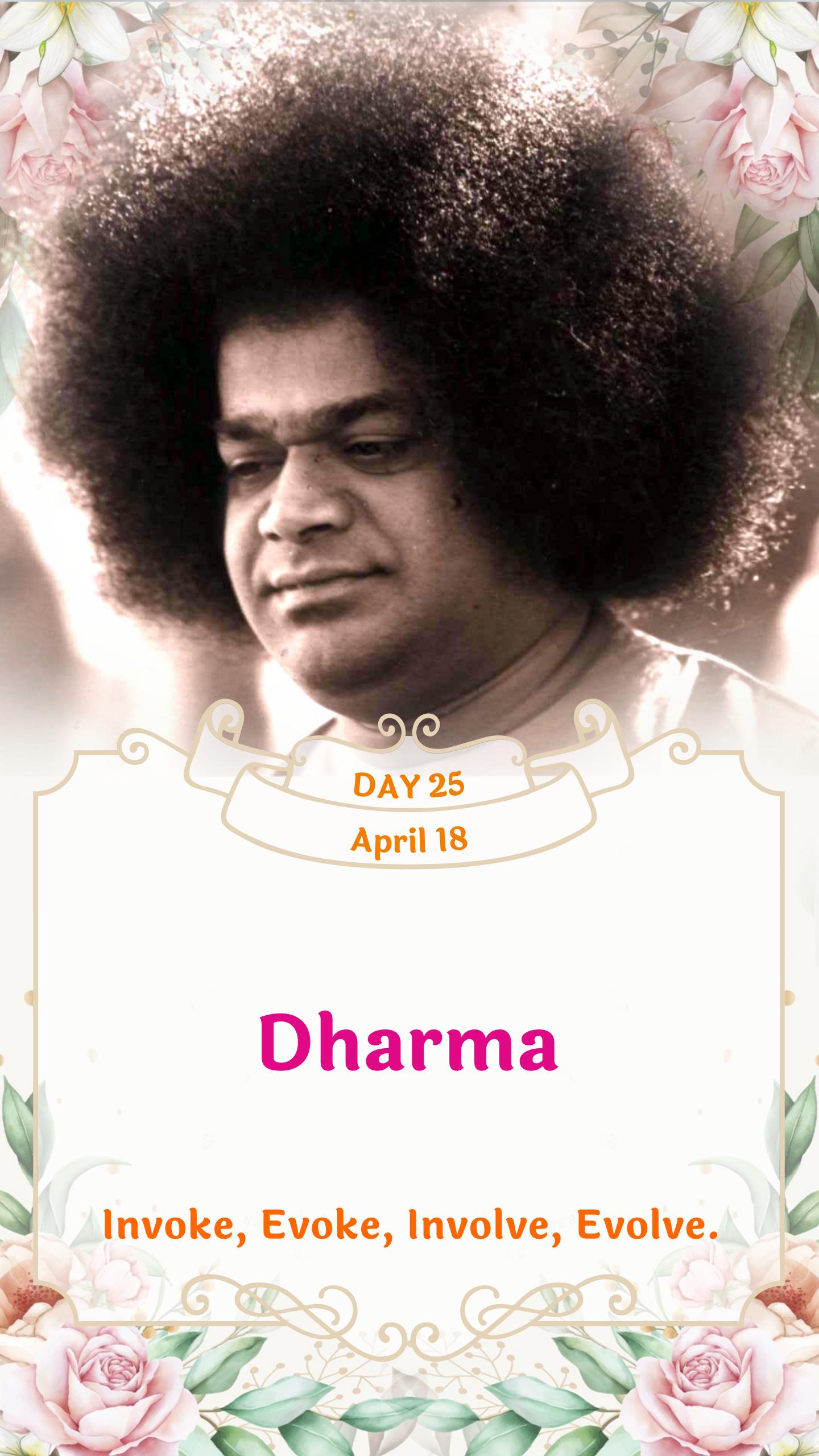


Such is the wondrous grace of the Divine Advent for the human race...the Avatar descends that we may ascend.

Ascend unfolds to mean arise, rise above, soar. Arise to what? An awakening of our truth? Rise above what? The entanglement represented by the material cobweb? Does that mean we have stumbled, fallen, strayed or drifted away? That is for each of us to know, be aware of, understand and correct.

Once we pause and acknowledge our position...just where we are headed within the web, the maze of life...and then consciously desire to surge ahead, the true, authentic journey begins. Away from the dark into the light. The night of falsehood ends...the dawn of Truth commences! It is our intensity that establishes the swiftness of our progress.

Today, shall we earnestly try to delink, relink, inspect, introspect, deliberate, emphatically select to reconnect to inherent divinity?



Everything in Creation, in Nature, is following their dharma. The Sun, the oceans and rivers, the elements five, trees, mountains, birds, animals. Except the human race. We have strayed away from truth, from love, from peace, from ahimsa...and thus, from dharma too. It is our dharma to be aware of, understand, be responsible for and be true to our dharma. The dharma of a human being is to exude divinity. To be true to the word - humanity.

To Love All, Serve All. To convey the ethics of maitri bhav in all interactions with every being in the cosmos in the true spirit of Oneness. With the inanimate world too! Why? Because...the same life force energy pervades all.

Let us remember this today with

Let us remember this today with compelling earnestness.



In Nature, it's automatic, spontaneous, and natural. Dry leaves fall away so that fresh leaves may appear.

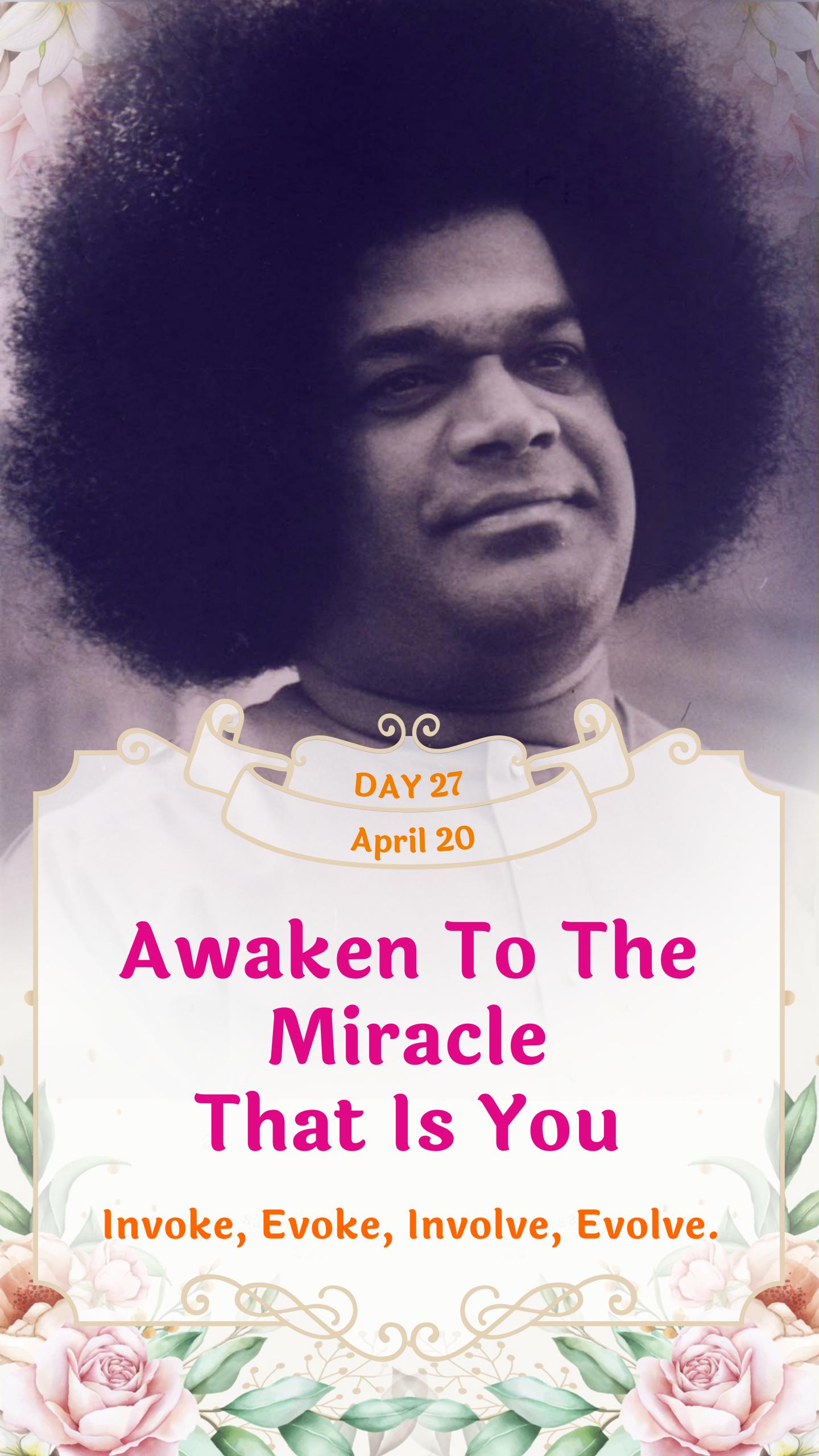
But, for human beings, it's not. Time to wonder why!?! We like to hold on to things, we like to live in the past, we do not like change, we remain sanguine

in our comfort zone gripped by the fear of the unknown or perhaps led into the maze of false beliefs by the arms of ignorance deluded to believe the world is real and divinity – unreal. Or perhaps, we keep delaying being receptive to our own divinity being fully immersed in the fast pace of material existence, keeping it for a later date, saying...not now, maybe later.

Let all the layers of inhibitions fall away like onion peels, let jaded and rigid beliefs that are obstacles in our path be replaced by an all-encompassing, expansive awareness of the fact that the life force energy that makes each cell in our being pulsate is our basic truth and the reality of all beings in creation too. Let us replace the worn-out wires that have severed our connection with our Higher Self, with the lively frequency of self-confidence. Shall we, today, surge ahead confidently reposing full confidence in the self, shrugging off all the 'dried leaves' of deeprooted emotional imprints and inflexible beliefs?

Today, with each inhalation reconnect anew to the vibrant Presence within and without.

Practice seeing all as Sai...be consciously aware of Him within, become a hymn, a song...that merges in Oneness with Him.



We want miracles to happen the way we desire them to happen!

But the greatest miracle is us...our breath. Each heartbeat resonates the Presence within – our Truth! We are all made of light, the radiance beyond the trappings of the body is our Reality! Awaken to the miracle of the self. We may know it intellectually, nevertheless, let us consciously be aware and experience the fact that it is the same atma that is present in all. Thus, there is a miracle occurring in every atom of creation every second!

Wherever there is life there...there is God! lsn't that a blissful thought?

Without the presence of the soul, the self within, there will be no breath...without the breath, the ability to breathe...there will be no body. Let us know and be aware of the self which is within the body...and strive to go beyond the body. The self is the life force that ignites the body. The miracle of self-realisation is within our grasp. Realising the self in all is self-realisation!

Here are some statements to affirm, reaffirm and be firm about, today, that will speed our progress along the journey of discovering the self, of being and becoming that which Beloved Bhagawan wants us to become.



I am God! I am God! I am not different from God!

Grief and anxiety cannot affect me.

I am always content. Fear cannot enter me.

I am Satchidananda! I am Pure Existence,

Knowledge and Bliss.

I am Omnipotent! I am All-Powerful, nothing is impossible for me!

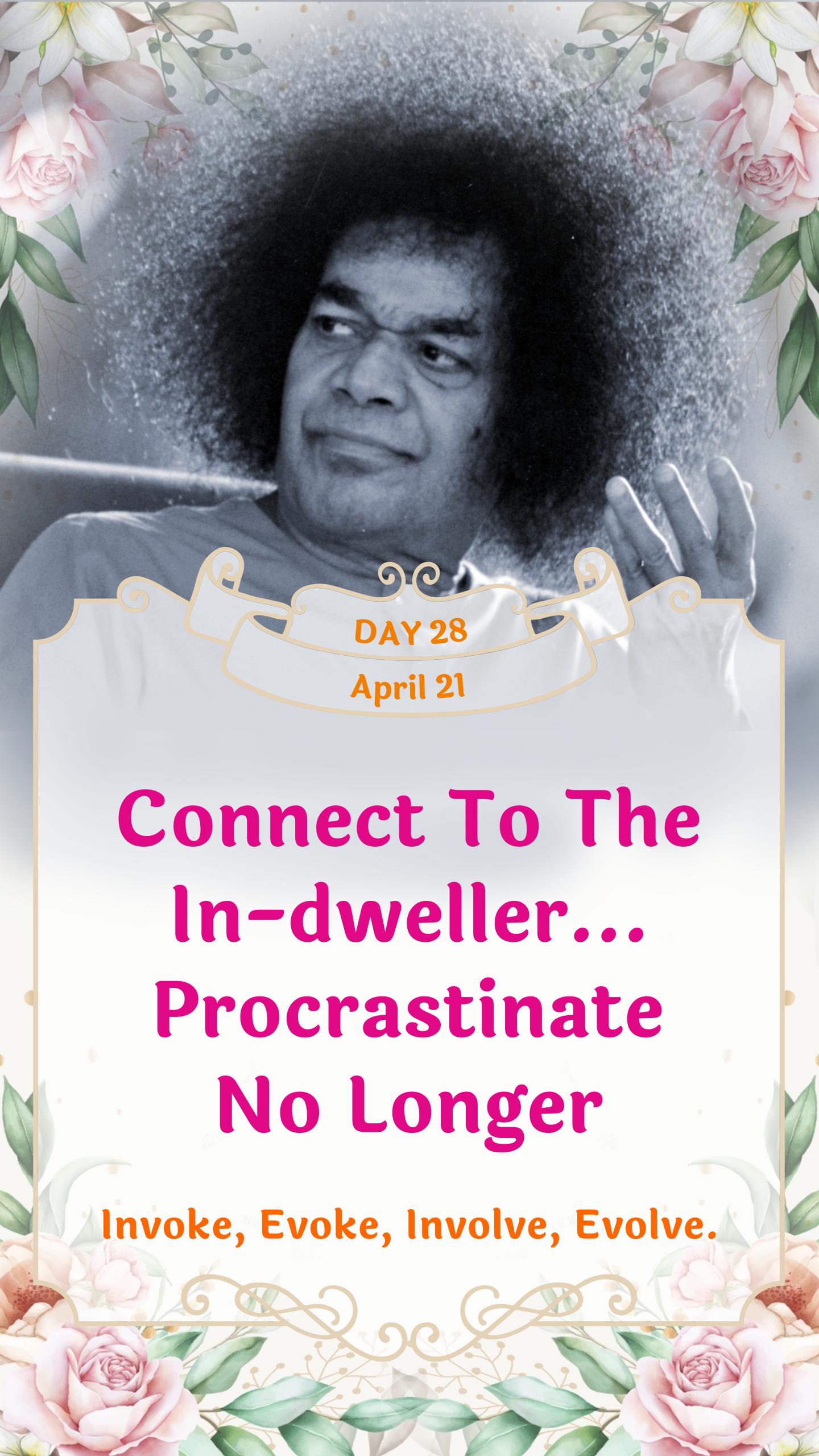
I am Omniscient! I am All-Knowing.

I am Omnipresent! I am present everywhere. I pervade this Universe!

I am Krishna! I am Christ! I am Buddha!
I am Sai! I am Sai! I am Sai!
I am God! I am God! I am God!

These lines are most significant to practice as they are glistening rays from the Self Luminous One Himself.

Positive Affirmations enhance transformations.



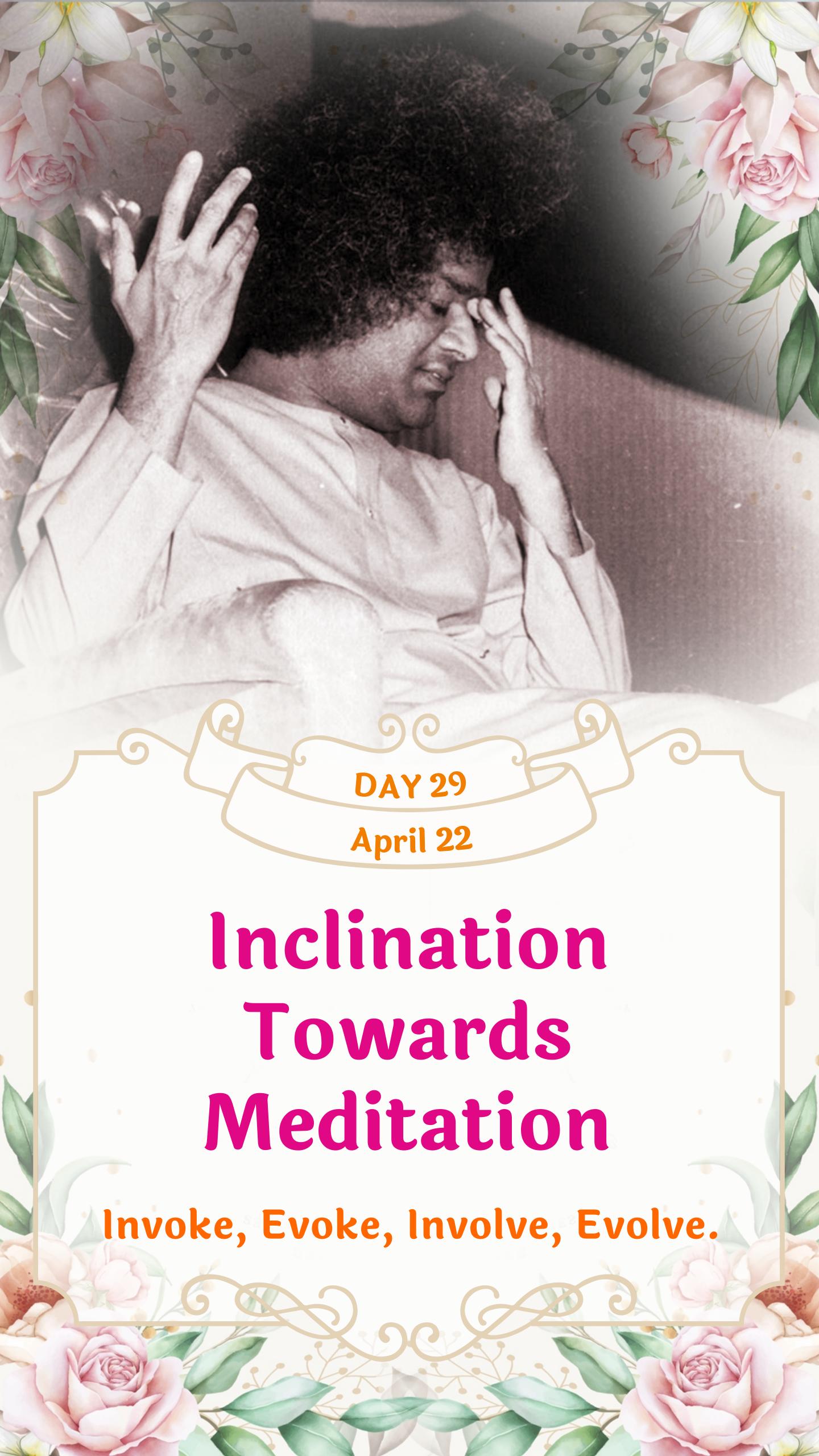
Procrastination only delays our arrival at the destination.

Time smirks and laughs at us if we are slack.

If we use our time well we can replenish what we lack.

What is more important the car or the driver?
Without the driver can the car move? So what is more vital the soul or the body? Extensive indulgences to please the body negate our purpose, whereas connecting to our counterpart within, to Sai...the In-Dweller, gradually, subtly, yet purposefully leads us to awaken to the imperative truth of our own divinity.

Why did Beloved Bhagawan let us know who He is...? Why were we drawn to His Lotus Feet? Why did we receive the innumerable magnanimous boons of His Darshan? If our life has to be His Message, then, we need to realise, awaken to and be aware of our own divinity. That is when what is temporary and fleeting changes to everlasting. Consequently, Seva too gathers more meaning, whether to others or towards the self...for when Oneness abounds there are no others. Today, let us part ways with procrastination and move swiftly towards our destination.



As regards the technique of meditation, different teachers and trainers give different forms of advice. But, I shall give you now the most universal and the most effective form.

This is the very first step in spiritual discipline.

At first, set a few minutes every day for meditation, and extend the time as you feel the bliss that you get.

Another Divine Revelation -

Keep the mind as a watchman to note the incoming and outgoing breaths, to listen with the inner ear to the "Soham" that the breath whispers and to witness the assertion of you being the Divine, which is the core of the Universe.

It is the best form of meditation to think that, the form that I adore is in the Jyoti (flame) and that flame is in all. - Baba

As our Precious Lord has explained, Jyoti
Meditation is the finest way to heighten awareness
as well as bring in an expansion of purity.
So much time is spent in gaining all kinds of worldly
knowledge and skill, yet, we are so far removed from
the truth of our own being! Today, shall we do
something about this omission...and intensify our
sadhana towards knowing our own truth, the truth
of our divinity...that which links us to all beings in

creation, and infinitely, eternally to the Creator?

Just like a child yearns for its mother's bosom; a lost calf for its mother in a herd; and a widow cries for her lost husband in a corner, you too must aspire for the proximity of Sai and reap joy therefrom.

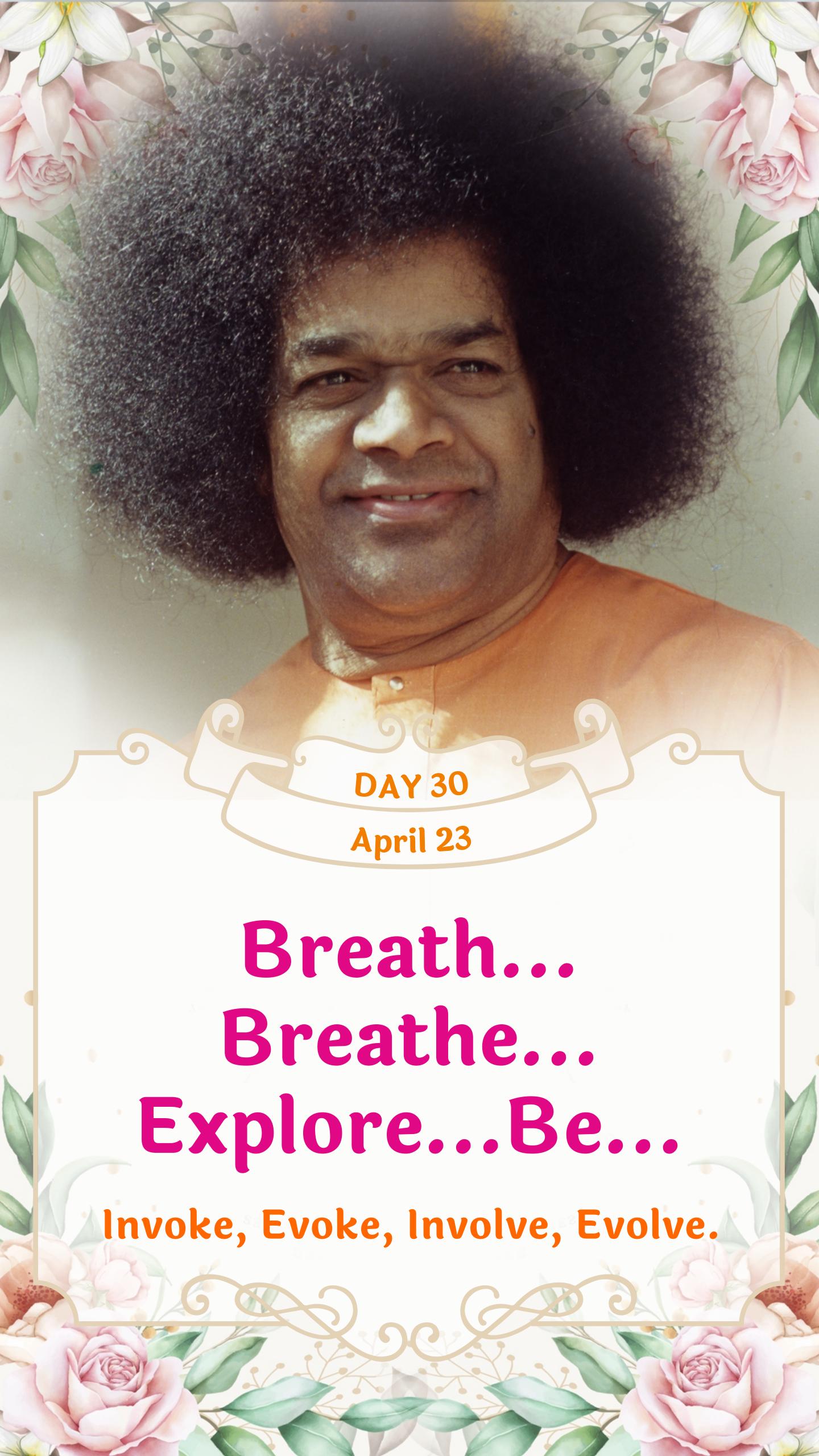
- Baba

Bhagawan once enlightened a devotee when a doubt arose in his mind and he needed confirmation about his spiritual progress...whether he was going about his path as per Bhagawan's guidance. This is what this particular devotee received as an answer to his focussed query -

The test of how triumphant you have been in giving your mind to God is determined by how much peace pervades your life. The more you are filled with bliss, the more your mind is with God. The true measure of divine proximity is the real experience of divine ecstasy.

Consequently, arises the question that can fuel our quest – Where is Sai?

On this day, shall we begin and continue with steadfast inclination towards meditation, to see, know, feel and experience Him not only in all that is around us, but, in the universe that is within us, and revel in His Sannidhi – Divine Proximity? The 'Bhav' the intense feeling decides everything.



With every breath be conscious of the breath!

Proper breathing not only improves our circulation but our memory too. Each breath, consciously breathed, can restore calm, peace and sanctity.

Breath is a link that directly connects us to the soul, to the Supreme. Let us envision we are breathing in what Bhagawan is breathing out! Then, each breath will be a revelation, our salvation. Each breath can help us explore all that is within.

In the beginning, we may breathe in the divine and breathe out all that is not required. Then, gradually as the cleansing process advances, with immense confidence, we begin to breathe in all that is divine and breathe out divine too! When we consciously

breathe out the divine too...then won't our environment vibrate with divinity? Will it not raise our frequency to tune into that which is our truth?

Shall we, on this day, breathe in the Light of Beloved Bhagawan and breathe out His Radiance too...which gleams within our core, in each drop of blood, in each cell and atom of our being? Breathe in the Lord's Compassion, breathe out His Mercy;

breathe in His Selflessness, breathe out His Generosity; breathe in His Bliss, breathe out His Joy...the joy of the soul; breathe in His Presence, breathe out His Essence; breathe Him in, breathe

Him out; He is and we are His; breathe in His Equanimity, His Harmoniousness, His Wholeness, His Cosmic Peace and...breathe out His Oneness!

Aradhana Divas 🗸 📆

Transmuting "man" into "God" and experiencing that Ananda or Bliss is the one and only achievement for which life is to be devoted.

- Baba

A Dedication At The Lotus Feet...

The Creator,
The Formless Supreme,
That Transcendental Sankalpa willed an
Appearance,
A Divine Birth,
As Sathya Sai,

A Steadfast Sanctuary for Planet Earth, When circumstances seemed to reverse... ...and times were ever so adverse...

Heralding...

...along with predicaments oh-so-diverse...
In the midst of chaos,

This Glorious Advent of the Primal Being...
...signified a haven profound,
His Presence - Mystically Stirring...
...an Ethereal Music so fascinatingly lilting,
His Essence - Supremely Enchanting...
...so palpably invigorating,
His Love - Charmingly Profound...
...boundless and profoundly overwhelming,
His Substance - exuding Divine Appeal...

...for those awaiting...stirring an awakening.

The Cosmic Hrudaya, the Vast Vishaal Heart of Sai,
With inexhaustible compassion...
...perennially does resound,
The continual flow of Sai Magnanimity...
...never ceases to astound,
Sathya Sai is an experience within and beyond,
Incessant and Continual,
Endlessly does His Essence surround all,
All of creation does exist in Him,
He is Everlasting,
And He is Unfathomable,
He is the Boundless Shimmering Ocean...
...of Immeasurable Vibrant Sensitivity,

Thus so,

The Cosmos hums uninterrupted hymns of His Glory,

He is the Origin, the Cause, the Consequence,
He influences the Sustenance,
Buried in sheer ignorance whether one...

...is aware of it or not...

...believes it or not, It is His Grace alone...

...that does all life with energy...

...vital force...vivacity...joy of living and healing intersperse,

For Bhagawan Sri Sathya Sai Baba...

Beloved Mother Sai is infinitely, eternally
The Eternal Refuge of the Universe.

A Commitment...A Pledge... 4

A commitment I choose to make...

... to the Cosmic Being within me,

To the same Supreme One...

Who as Universal Consciousness...

...does perennially embrace and encircle me,

I do commit here and now even as I...

...Invoke, Evoke, Involve and Evolve...

...and strive on for an awakening intently -

To work on renouncing negative traits decisively,

To accept and correct my faults...

...with the courage of humility,

To learn my lessons and rise above steadfastly,

To strengthen my resolve firmly,

To understand the woes, trials and travails...

... of all beings perceptively,

To reach out to all life forms sensitively and selflessly,

To share all that I have with those in need - willingly,

To remain positive relentlessly,

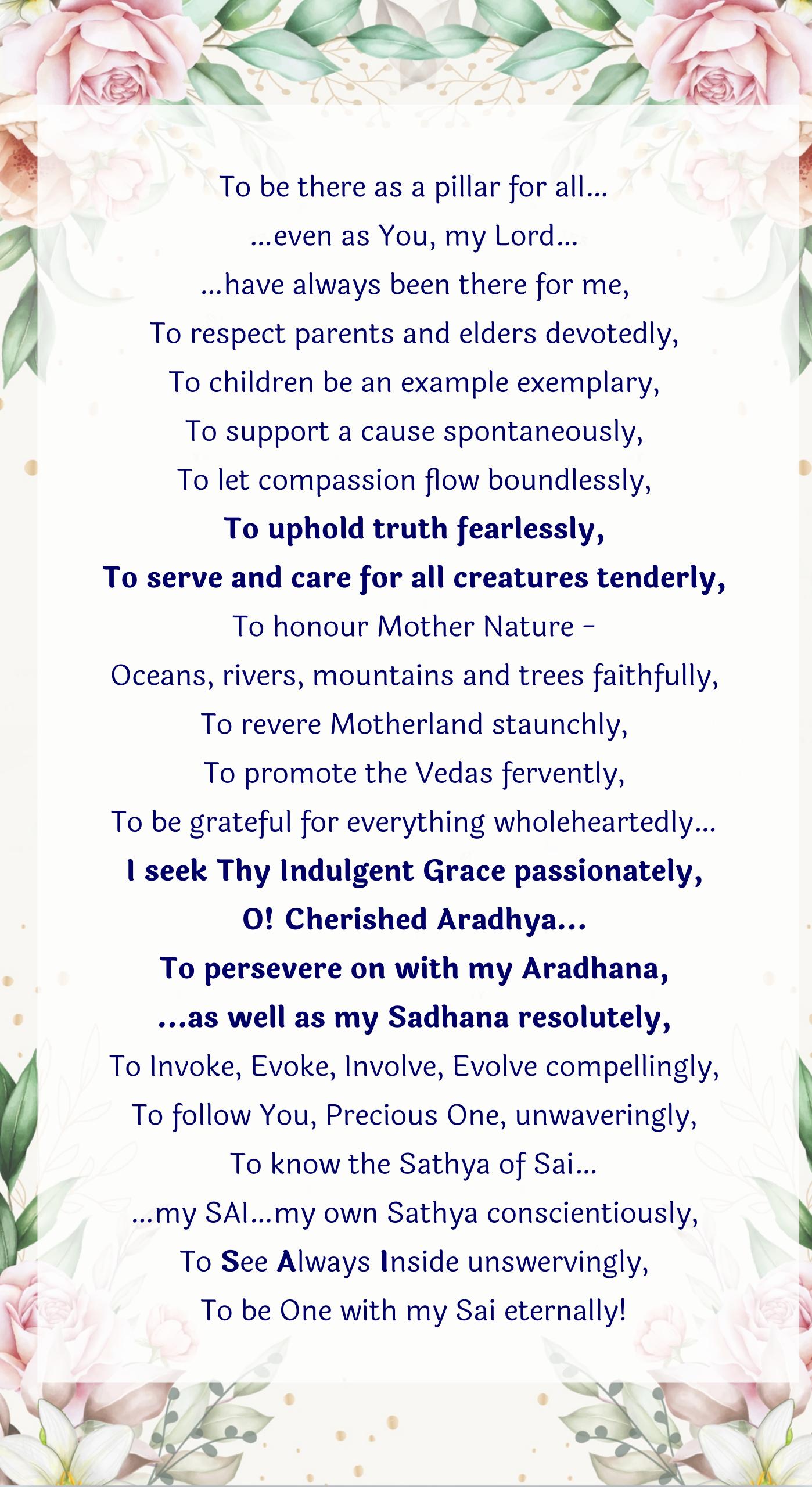
To shower prema constantly and lovingly,

To uphold dharma peacefully,

To radiate peace serenely,

To attempt to understand ahimsa...

...in thought, word and deed painstakingly,



A Prayer was

Beloved Swami, lovingly do we caress Your Petal Soft Lotus
Feet with a stream of tender adoration. We earnestly invoke
Your Benediction, that it may evoke a response within our core,
that we may then be empoweringly involved in an awakening.

Help us evolve, O! Soul Supreme. It is You who steers us ceaselessly along from untruth to truth, darkness to light, from annihilation to immortality...gently, persistently shepherding each of us towards that fascinating dawn...wherein we experience the effulgent dawning of our own divinity.

Consequently, there is nothing else to desire besides You.

As You, Sweet Lord, want us to...we crave our own divinity...we crave Thee. From being a droplet in the mighty sea...to growing into a buoyant wave...finally to merging and knowing ourselves to be the Ocean Itself...One with Thee!

Sweet Mother Sai, we offer ourselves to Thee wholeheartedly. God descends as an Avatar so that man may ascend. Kindly alleviate our destiny and assist us to ascend.

Ascension through Transformation.

We beseech Thee, humbly summon Thy Compassion and Mercy, for nothing can occur without Thy Invincible Grace and Clemency.

Mould us distinctly...is our earnest prayer and plea.

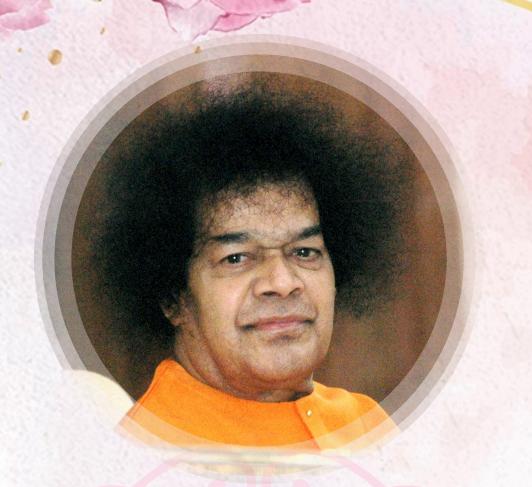
Mould us kindly to be that which You would like us to be.

Mould us such that we may know, experience, and awaken to our own divinity.

Our soul brims Love and Adoration as we emphatically affirm – Sweet Lord, Beloved Gurudeva – Tvameva Sarvam Mama Deva Deva.

Samastha Lokaah Sukhino Bhavantu Samastha Jeeva Sukhino Bhavantu Santushti For Samasth Shrishti

Jai Sai Ram



Aum Sri Sai Ram

Sadhana Aradhana

An Eternal Stream & Total

May this Aradhana and Sadhana earnestly dedicated to Beloved Bhagawan March - April 2021...continue on relentlessly like a joyous song, a fascinatingly endless melody, a tireless, refreshing stream, a magnificent breeze ever so youthful and energetic, boundless sans boundaries...reaching all, denying none...a selfless, consistent life-long endeavour shimmering gold and finely spun with the eternal message of - Love All, Serve All; Help Ever, Hurt Never...fortified with that unifying cascade of perennial goodwill -Samastha Jiva Sukhino Bhavantu, Samastha Lokaah Sukhino Bhavantu!