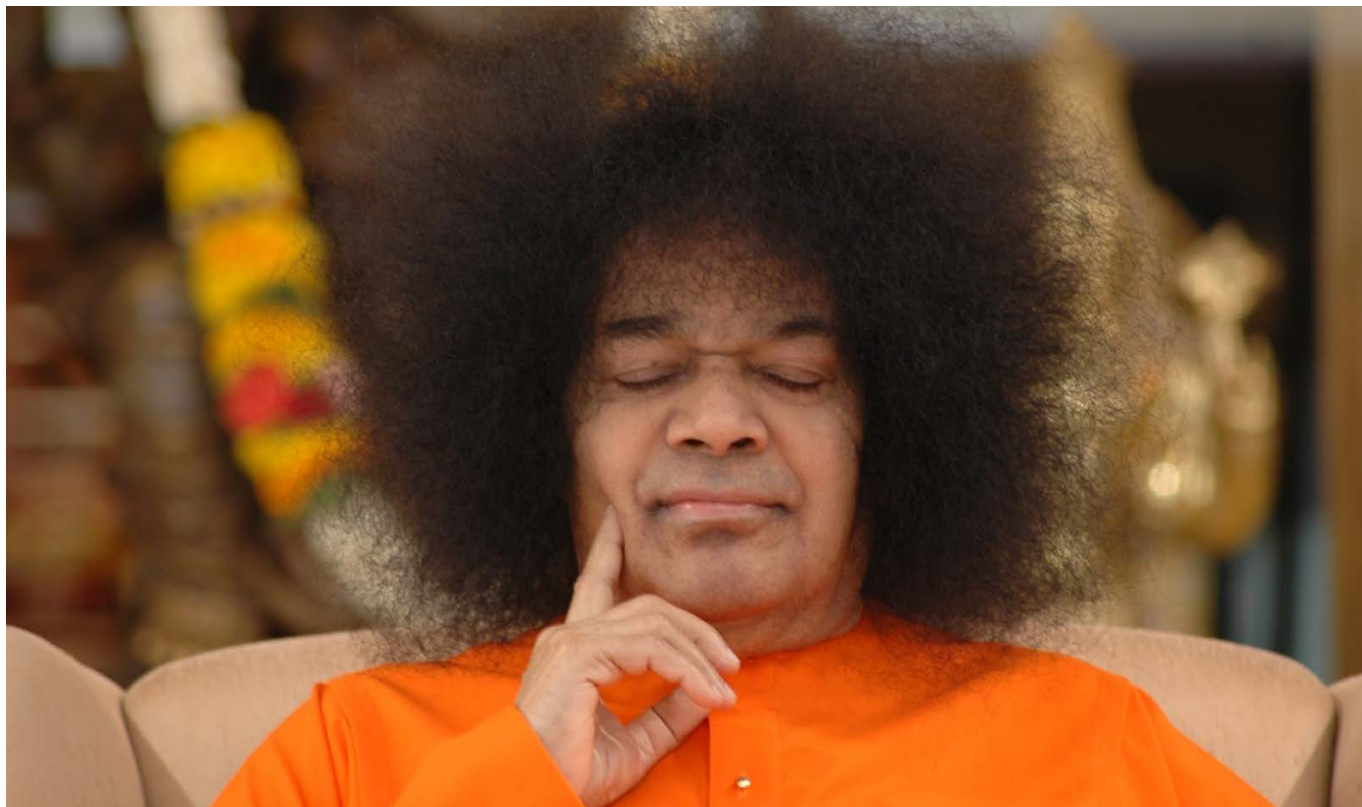


JUNE 2016

CEILING ON TALK



COLLECTIVE
SADHANA PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
<p>"When speech is controlled, everything else comes under control. It is the tongue that must be controlled first." <i>SSS June 19, 1996.</i></p>				<p>June 2016 Study Circle Focus "Ceiling on Talk" Sundays from 3 pm to 4 pm</p>		<p>Come to the Study Circle, 3 to 4 pm at the Center</p>
<p>Sadhana for the Week: First things First - Before bedtime, reflect on how you were speaking through the day and identify situations where you could have applied Silence or Ceiling on Talk.</p>						
2	7	8	9	10	11	12
<p>"You cannot always oblige but you can always speak obligingly. Words are under our control." <i>SSS Aug 31, 2001</i></p>						<p>Come to the Study Circle, 3 to 4 pm at the Center</p>
<p>Sadhana for the Week: Speak softly and lovingly. Start with 30 minutes a day and progress to 1 hour and then as it fits you. Ideally, you will reach the point where you always speak softly, lovingly and obligingly.</p>						
13	14	15	16	17	18	19
<p>"Do not be impatient and allow doubts to agitate your mind. Be calm and steadfast." <i>SSS June 19, 1996</i></p>						<p>Come to the Study Circle, 3 to 4 pm at the Center</p>
<p>Sadhana for the Week: Practice: Do Sohum (inhale on So and exhale on Hum) for 3 minutes when your mind is agitated or not at peace. You can do this wherever feasible. Increase it to 10 minutes and eventually to at least 1 hour.</p>						
20	21	22	23	24	25	26
<p>"Sound is eternal, immortal, ancient and modern, un-polluted and crystal clear. Sound arises from the tongue. God is the very form of sound. Do not utter bad words and harsh words with your mouth." <i>SSS Nov 16, 1975</i></p>						<p>Come to the Study Circle, 3 to 4 pm at the Center</p>
<p>Sadhana for the Week: Discriminate - Invoke your discrimination power so the sounds emanating from the tongue are nectarine.</p>						
27	28	29	30			
<p>"When you do service, you must begin your service with sweet and soft words. Turn the key to Swami to unlock divinity within us instead of turning the key towards the world." <i>SSS Nov. 16, 1975</i></p>						<p>July 2016 Sadhana Focus will continue with "Ceiling on Talk"</p>
<p>Sadhana for the Week: Chant Gayatri mantra or Sairam internally and get involved less in chatter or worldly topics during service or while you go along your daily duties.</p>						