

# SEPTEMBER 2016

DATE WITH  
SWAMI



COLLECTIVE  
SADHANA PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
<p>"From the time he wakes up, till he goes to sleep, man looks at everything externally. He hardly spends a few moments to develop his inner vision. God's mission is to restore this sacred inner vision." <i>Summer Showers, August 1993, p. 206.</i></p>			<p><b>September 2016 Study Circle Focus</b>                      "Swami's Teachings on Getting in Touch with the Inner Swami"                      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 thing in the morning think of Swami and create your day with Swami in it, making positive affirmations for the day.</p>						
5	6	7	8	9	10	11
<p>"Ever be grateful even for a small help. Do not be ungrateful. Ingratitude is utter cruelty." <i>Sanathana Sarathi, June 2002, pp. 166-167.</i></p>					<p>Come to the Study Circle, 3 to 4 pm at the Center</p>	
<p>Sadhana for the Week:                      Visit or write a note to someone you are grateful for - maybe Swami, maybe your parents or family, a friend or even a passing stranger who somehow made a difference in your life for the better and taught you a valuable lesson.</p>						
12	13	14	15	16	17	18
<p>"Keeping God as your guide, whatever work you may do will yield sure success. God is your only true friend. He is always with you and beside you. The only way for prosperity is to develop friendship with the Lord." <i>Summer Showers, February 1994, p. 53.</i></p>					<p>Come to the Study Circle, 3 to 4 pm at the Center</p>	
<p>Sadhana for the Week:                      Consult Swami in everything - what clothes to wear, what to eat, where to park, what to say. Ask Him to speak, think, see, feel and act through you.</p>						
19	20	21	22	23	24	25
<p>"There are stages. In the 1st stage you receive my messages in the form of thought waves. In the 2nd, you can hear my own voice and in the 3rd you can hear my voice as well as see me. With successful purification of the mind, you will be able to progress from stage to stage." <i>Sathya Sai Amrita Varshini, p. 2.</i></p>					<p>Come to the Study Circle, 3 to 4 pm at the Center</p>	
<p>Sadhana for the Week: Practice asking Swami a question, and then wait and listen for a response.</p>						
26	27	28	29	30		
<p>"Close your eyes and sit in silence. Then out of the vibration comes "So Hum". "So" mean God and "Hum" means I. I am God. To understand and to follow the inner voice is self-realization. When we follow our inner voice, we will get away from the outer, worldly, animal qualities. By following the inner voice, we are following the inner master. When you follow the inner voice, then you face the devil." <i>Sathya Sai Newsletter, Spring 1995, p. 18.</i></p>					<p>October 2016                      Sadhana Focus will be                      "Food Prayer"</p>	
<p>Sadhana for the Week:                      Have a daily appointment with Swami, practicing So Hum breathing at least for 5-10 minutes during your appointment.</p>						