

SAI DHARMAM

SRI SATHYA SAI BABA CENTRE OF COOKSVILLE



SADHANA

In the world, the good takes birth from the bad. Without the bad, good cannot exist. For example, when you nurture a desire, there is an accompanying dissatisfaction, which prods you to seek the desire. One's life is a series of desires (asa) and disappointments (nirasa). Life is that of likes (sankalpas) and dislikes (vikalpas), union (samyoga) and separation (viyoga).

When our sages were asked about the nature of the world, they described it as a vast ocean of union and separation. While swimming in this ocean, we encounter the gems of troubles and sorrows. Only when we face obstacles can we attain a divine state. If you are frightened at every step, if you do not proceed forward, life is wasted. Life is full of hurdles. Sorrow and troubles alone lend value to life.

Worthwhile results are obtained only through difficulties (Kashte phali). In this world, everything can be attained through spiritual practice (Sadhanamuna panulu samakooru dharalona). Spiritual practice (sadhana) means transforming bad into good, sorrow into joy. The mind is crucial in this regard.

Sri Sathya Sai Baba, June 1, 1991

Reflection questions:

1. Reflect upon a time you made a bad decision. What did you learn from your mistake? How can you change that decision into something good?
2. Swami has said "everything can be attained through spiritual practice". Name one way you can implement sadhana in your life.

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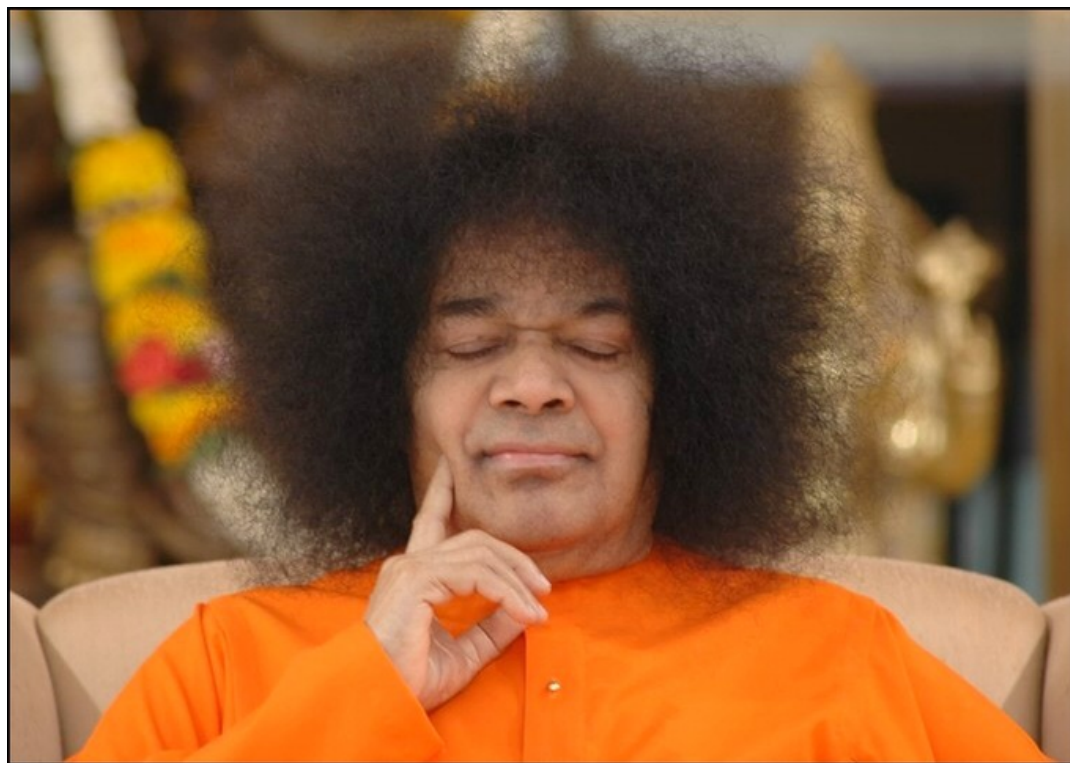
MONTHLY CALENDAR

GAME

BHAJAN

*"In Sadhana
there will be
internal talk
with God. You
will give up all
attachments
and attach
only to God."*

SATHYA SAI BABA



DEVOTEE SPEAKS

Bhagawan has said sadhana is not found in the activity, it is through the spiritual practice of selfless service (seva sadhana). Every service act should be completed with the mind, body and soul focused on God. Offering one act of genuine seva attracts the grace of God, more than listening to a hundred lectures". Through service to mankind, an unbreakable connection is built with the dear Lord as an act fulfilled with a full heart pleases God within us and Him.

As a member of the Cooksville Sai Centre, I am surrounded by many selfless seva activities that are planned to help our community. Through sandwich making, tree planting, or park clean-up, I have seen devotees fulfilling these acts of seva with a genuine mindset, without letting their ego get in the way. Learning through others' actions of sadhana, I learned to implement acts of selfless service into my life. The number one rule I remind myself is any act of kindness should be done without expecting anything in return. An ill mindset as such is not seva, it is selfishness. Working with patients in the hospital, my priority is to provide care with a pure heart to promote their health and well-being with Swami as my focal point. Keeping Him in my mind as I am working fulfills my responsibilities and further builds my relationship with Swami. Removing my ego from the equation lets me focus on the good such as seeing a smile on my patient or curing them to health. The joy and peace from sadhana is irreplaceable and filled with blessings from Swami.

Reference: <https://www.sathyasai.org/lessons-on-seva-sadhana>



*"When you
recognize
Divinity in
everyone, that
itself is the
best sadhana"*
SATHYA SAI BABA

COORDINATOR'S MESSAGE

The literal meaning of Sadhana is the effort you make to achieve the object you desire or to reach the goal you have in view. Sadhana is thus the primary means to realize your aim or objective. A second meaning of the term is Sa-dhana, that is wealth that is associated with Divinity. Dhana is described in three ways as Aishwarya, Sampada and Dhana (material wealth). All of them refer to the same thing. Wealth will not accompany us when we give up the body. If wealth is lost, it can be regained. If strength is lost, it may be recovered. But if life is lost it cannot be got back. Hence, while life remains, one must strive to acquire the divine wealth that is imperishable and everlasting. Your conduct constitutes this divine wealth. It is only by the way we live that we can acquire this divine wealth.

Sadhana is a lifelong process. Everyday, every hour, every minute, is an onward march.

Obstacles are innumerable in this great voyage. But, so long as you hold God as thy guide, there is nothing to worry about. You are sure to reach the other shore.

The Ladies Wing is committed to strengthening the engagement and inclusion of ladies through various cultural events, fun workshops, volunteering opportunities, and many other activities. Our ongoing activity is Narayana Seva that takes place every fourth Saturday of the month. Ladies Wing is looking forward to celebrating Navratri, Akhanda Bhajan, Ladies Day on Nov 19th and many more.

We would like to thank all the sisters and brothers, YAs who work behind the scenes for various center events.

Thank you for giving us this opportunity.

Ladies Wing Coordinators

MONTHLY CALENDAR

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 BHAJANS - YA	4 UNIVERSAL HEALING PRAYERS	5 CENTRE PICNIC
6 YA JAM SESSION	7 BHAJAN PRACTICE	8	9	10 BHAJANS - SSE STUDENTS	11	12
13	14	15	16	17 STUDY CIRCLE	18	19 BHAJAN PRACTICE
20	21	22	23	24 BHAJANS - ADULTS	25	26 NARAYAN SEVA
27 GENERAL BODY MEETING	28	29	30	31 BHAJANS - MIXED BHAJAN <small>30mins - Gayathri Chanting</small>		

GAME

Sadhana

L	I	D	S	A	C	R	I	F	I	C	E	E	R
E	D	E	F	E	E	T	I	H	S	I	A	D	H
W	O	S	F	D	P	R	Y	P	S	K	D	A	S
A	O	I	E	T	S	T	P	T	E	E	D	I	P
T	T	R	P	U	I	T	V	R	N	E	E	M	I
S	A	E	S	N	O	C	R	H	L	R	I	E	R
S	N	S	I	H	E	R	I	E	U	T	L	D	I
D	A	V	F	F	I	S	T	L	F	A	I	I	T
I	I	D	D	E	H	P	E	P	D	N	N	T	U
D	K	N	H	H	O	R	H	E	N	A	R	A	A
M	E	G	I	A	T	H	I	V	I	M	E	T	L
S	T	U	O	T	N	I	T	E	M	D	E	I	C
E	N	E	I	D	N	A	A	R	I	E	A	O	S
E	V	C	E	T	M	I	I	F	M	S	E	N	P

FAITH
KEERTANAM
DIVINITY
SACRIFICE
SADHANA
MEDITATION
GOD
MINDFULNESS
HELP EVER
SPIRITUAL
DESIRES
WORSHIP

BHAJAN

Jaya Sai Guru Deva Sai Guru Deva
Guru Seva Bina Nirvana Nahi Jaya Sai Guru Deva
Thumhi Ho Matha Pitha Thumhi Ho Sai Guru Deva
Sathya Swaroopa Raha Dikhao Sai Guru Deva
Guru Seva Bina Nirvana Nahi Jaya Sai Guru Deva

Meaning

Victory to the Divine Preceptor, Lord Sai.
Without service to Him, it is not possible to
attain liberation. You are our mother and father
and our Guru. O embodiment of Truth, please
show us the way (to liberation).