

The Culmination of Month of Sadhana Aradhana



Sri Sathya Sai Seva Organisations, India

let's Introspect...

Sadhana Aradhana

2021


Invoke, Evoke, Involve, Evolve

Transformation – The Culmination Of Sadhana

24th April - An Honest Appraisal

Time To Assess Spiritual Progress...

The message in the Message...
...of Bhagawan Sri Sathya Sai,
Is exclusive for each individual,
As precious as the holy scriptures,
Gita, Quran or the Bible,
Sai is the Almighty Guru and Guide,
Through all the learning with Him...
...Who resides inside and so too...
...is forever by our side,
If only we reciprocate,
We can experience karma evaporate,
If only we are open, receptive, willing...
...and have the precise inclination,
If only we allow the Master...
...to sculpt, chisel and carve,
We would then behold and enter the realm of...
Transformation...Expansion...Evolution...
We then evolve...
...bless and birth ourselves into Oneness,
Fulfilling the purpose of our existence.
There can be no fulfilment without an assessment,
Our willingness to mend, make amends, transcend...
...is revealed in our conduct and attitude...
...when our efforts are revised, scrutinised and reviewed...



The Process To Reach The Pinnacle Is Continual...

Though the soul has traversed innumerable lifetimes holding a thirst for fulfilment, however, if we are still here, we are as yet to reach that enriching advancement, that culmination...that pinnacle...that symbolises all that is truly **Spiritual!**

Through the epochs, there have been innumerable Incarnations of the Divine for the upliftment of humanity. Consequently, as an immense benediction for humanity, the Lord in His Innate Mercy chose to descend as Bhagawan Sri Sathya Sai Baba with teachings so simple, yet, ever so impactfully profound that man may smoothly imbibe and ascend to be divine.

Thus, over and above the spiritual practices that each of us indulge in, an enhanced spiritual journey begins on 25th March each year...to 'upgrade our system' so to say...as an earnest dedication to the Supreme One, Beloved Bhagawan, whose Life is His Message, whose Message...eternal and true...lives on **for** all...for me and you.

And so, isn't it time to ask - Does His Life, His Message, the Message **in** His Life live on **through** me and you?

Bhagawan And Our Individual Sadhana

Though an individual's sadhana should be like a joyful river that streams on relentlessly to finally merge in the ocean, the dawn of 24th April announces our arrival at the crest of our specifically designated Sadhana, a flow of worship – an Aradhana...that encircles a 30 day period, wherein each day proposes a certain distinct message for our elevation, serving as a lighthouse for the earthly sojourn of our soul. Then, isn't 24th April a day to press the pause button, peep within, inspect, introspect, ascertain and acknowledge our growth...the debits and credits in our character, personality, in our spiritual balance sheet?

Ask and you shall receive; Seek and you will find; Knock and it will be opened to you. Invoke...Evoke...Involve...Evolve.

Darshan Along with Elevation...

Elevation...Transformation...Ascension...

Did He come...was the Divine Advent...only to grant us darshan or also for our upliftment and elevation? That we may perceive and persevere on to recognise our own divinity?

It is time to question the quest.

The milestones reached.

Each devoted heart has its own personal milestone!

Let us indulge in an enquiry – The revelations received in His Message so distinct, so unique, for each individual...has it manoeuvred the mind from the external to the internal...from outer attractions...temporary and fickle...to inner enchantments...blissful and eternal?

What in His Message has touched the core? Has it touched the core?

The core where Beloved Bhagawan does reside as our Conscience, our Guru, our Guide.

The Lord Is Watching...Look Into His Eyes... ...Can We Meet His Gaze Unabashedly?

Have we achieved the spiritual milestone we set out to achieve...howsoever a tiny a drop it may seem in the lake of accomplishments?

Are we even attracted to a desire to awaken to and welcome an awakening?

Which of the daily messages has resonated harmoniously within...brimming goodwill, tranquillity, kinship and amity?

Has it deepened our understanding of His Messages - evergreen and ever fresh through the decades?

Are we learning and growing through the various service and spiritual activities?

Are the activities being performed with depth of feeling and awareness of our own divinity and that of those whom we are serving?

Are we involved in all activities, be it bhajans, devotional singing, veda chanting, seva...with conscious sensitivity overriding mechanical monotony?

Evaluate...Where Are We Placed...

Have the courage to face the mirror.

Find the time to overcome, be aware of and become what our Beloved Lord wants us to become.

It certainly is time to shed the layers that are obstacles in the path.

To honestly, earnestly assess, evaluate, appraise, gauge and grade ourselves!

If not now...then when? Time waits for none as it speeds us by with a hasty goodbye...let us too hasten to heed the call of Bhagawan Sri Sathya Sai.

Evaluation Of Expansion...

His Advent, His Presence, His Words, His Teachings...a boon unimaginable. Then, must we not work on ourselves with renewed intensity to herald in that self-transformation?

Evaluation is essential. Expansion attainable.

Where do we stand?

What is it about Bhagawan that appeals to our core? The very core that He resides in?

Did His sacrifice appeal?

Or did the maxim 'Love All...Serve All charm one and all?

Or particularly the stress upon 'All' in Love All, Serve All?

Or is it His Compassion, His Generosity, His Tenderness...His adherence to Dharma...His Expansive Shanti?

Or the incessant flow of His Prema, the Love of a zillion Mothers? Or His Call for Ahimsa, to Help Ever, Hurt Never?

Or is it His Kindness and Thoughtfulness, His Sensitiveness towards all beings? Or perhaps the all-embracing Samastha Lokaah Sukhino Bhavantu, Samastha Jeeva Sukhino Bhavantu attracted you?

The list and its appeal remains eternal.

Amend...Revise...Surmise...Summarise...Overhaul...Install

The divine qualities to emulate from Beloved Bhagawan are endless. It can overwhelm the scope within us all for our overall transformation and progress.

If only we awaken and desire our evolution...will it speed our journey towards the light of our own divinity.

Post-haste we need to install within our core the simple yet timeless messages of our precious Lord.

In the Cosmic Classroom the learning and evaluation is limitless.

Affirmations lead to transformations. As we think so we become.

When Shanti fills the heart we will know we have reached!



Firmly Affirm... Insert Assert...

**Ultimately the CV of our life is to be offered
at the Lotus Feet!**

**Should we not update this spiritual resume to
be presented to our Lord for His Divine
Perusal?**

**Let us harmoniously insert precise beliefs in
the orchestra being played within the
subconscious mind...this is where subtle
transformation knows its genesis.**

And, let us be firm, affirm, reaffirm, assert and
fulfil the purpose of our birth and help elevate
Mother Earth -

God Is and we are His.

Bhagawan Is and we are His.

Sai is in me, I am in Sai, Sai and I are One!

One with Beloved Bhagawan, One with Beloved
Bhagawan...One with Beloved Bhagawan.

Let us continue to strive on...to deeply ponder
upon - For my foremost transformation...for me
personally...what message does underlie the
Message of Bhagawan Sri Sathya Sai?

Jai Sai Ram

Samastha Lokaah Sukhino Bhavantu...

Samastha Jeeva Sukhino Bhavantu...

The divine promotings...

**"Our life is like a block of ice,
which is melting away every moment."**

Before it spends itself, devote it lovingly,
to the service of others. This love alone
confers lasting happiness & peace.
Develop love. You are born to share,
serve and give and not selfishly take."
The Truth is that...

"I am an embodiment of Truth."

"Are you?"

"Then aspire to be, because I am you &
you are I; that is the Truth. There is no
distinction."

**"I am ever- loving, for I am the
embodiment of love."**

"Are you?"

"Then aspire to be, because you & I are
one. When you love all, you love Me. The
best way to love Me is to love all, serve
all..."

"I am always Blissful. "

"Are you?"

"Then aspire to be, because the best way
to please God & be happy, is to see good,
be good and do good."





" I am ever- peaceful."

"Are you?"

"Then aspire to be. You are seeking peace in far off places. The haven of peace is in your heart..."

"I am ever- merciful."

"Are you?"

"Then aspire to be, because we are one. Love lives by giving & forgiving."

"I am ever - compassionate. "

"Are you?"

"Then aspire to be, because compassion is the best passion & the hallmark of true devotion."

"I am ever giving, giving, giving..."

Are you?"

«God will certainly be pleased, if you give water to thirsty, bread for the hungry and clothes for the needy.»

"I am God & so are You..."

The only difference is that, while I am aware of this, you are not. Shed your ignorance & experience your divine nature."



Divyatmaswarupa...

"Your spiritual heart is a treasure trove of God's most valuable gifts... It is a storehouse of unconditional love, boundless compassion, unending forgiveness and eternal peace. It seeks joy in loving and giving. And the underlying support is the Truth of My Presence within you..."

You are a part of Me, as well as the entire creation; throbbing with the Universal Energy. Everything is one, without a second... Ekameva Adwiteeya...

Ponder over this. Become aware of this oneness. Experience it every moment. Compassion will gush out of your heart, kindness will pour out in abundance and love will reign supreme in your life...

Just try this and see how the gates to your spiritual heart will open, and all the goodness will gush out endlessly, to spread cheer and joy amidst My beloved creation...

And you will experience My presence in each one of you constantly. That will be the Crowning Glory..."