

WK1 – Sai is Love, Live in Sai: The Royal Road to God Saturday - 11:00am to 12:15pm -Devotion Hall

Our beloved Lord, Sri Sathya Sai Baba, the embodiment of love and truth, teaches us the ways to understand and reach the supreme goal of human life, which is to realize our innate divinity and the divinity inherent in all creation. Through His personal life, He exemplifies the virtues of living a purposeful, selfless, and sacred life, by loving and serving one another as divine beings. Let us come together to reflect on some of His valuable teachings through the workshop titled, “*Sai is Love, Live in Sai: The Royal Road to God*”, and explore ways on how we can apply His teachings in our lives to strengthen our spiritual sadhana in our quest to realize the divinity inherent in one and all.

WK2 – Love Nature Serve Nature Saturday - 11:00am to 12:15pm -Arts and Crafts

Protecting our environment must not be considered as a luxury, but as important for our survival as our basic needs such as food, air, water and shelter. Every moment of each day, all of us interact with the environment – both directly and indirectly. The choices we make and our actions, such as choosing the food we eat, the energy and natural resources we consume, and even the thoughts we have, all impact the environment. As Sri Sathya Sai Baba says, “*Nature’s role is to help man... realize the Divinity immanent in creation...Man is not learning the great lessons Nature is teaching him. The foremost lesson is doing service with no expectation of return,*” we need to use this gift wisely and recognize the divinity that exists in Nature. During this session, we will discuss how we can make simple changes in our lives that reduce our negative impact on the environment and help us better serve and value Mother Nature.

WK3 – Gayatri Chanting Saturday - 11:00am to 12:15pm -Infirmery Lobby

‘The Gayatri has three parts: 1.Praise, 2.Meditation, and 3.Prayer. First, the Divine is praised, then it is meditated upon in reverence and lastly, an appeal is made to the Divine to dispel the darkness of ignorance and to awaken and strengthen the intellect. Dhīmahī is related to the meditative aspect. Dhīyo Yonah Prachodayāt relates to the aspect of prayer. Chanting of the Gayatri Mantra purifies the mind and confers devotion, detachment and wisdom.’ - Sathya Sai Speaks, vol 33, Feb 2000

A recording of Swami chanting the Gayatri Mantra will be played and devotees can repeat after Swami.

WK 4 – Love My Uncertainty Saturday - 1:30pm to 2:45pm -Devotion Hall

“You must have freedom not only from fear, but freedom from hope and expectation. Trust in My wisdom: I do not make mistakes. Love my uncertainty! For it is not a mistake. It is My Intent and Will. Remember, nothing happens without My Will. Be still. Do not want to understand; do not ask to understand. Relinquish understanding. Relinquish the imperative that demands understanding.” Sathyam Shivam Sundaram Vol 3

Swami has said ‘*Love my uncertainty! For it is not a mistake*’. Let’s dive into what Swami means by this and how to embrace it.

WK5 – Sound Mind Sound Body Saturday - 1:30pm to 2:45pm -Arts and Crafts

“The human body is a prey to many ailments. Man regards all of them as bodily ailments. But not all of them are entirely related to the body. Purely bodily ailments can be treated by medicines. But most ailments in the world today have their origin in the mind” - Sathya Sai Speaks, vol 31, Feb 1998

Why is it so important to pay attention to the cues that our body gives us? We will explore the connection between the mind and the body, how they are both interconnected and how to recognize, acknowledge and deal with them. We will touch on important current mind and body issues such as anxiety, depression, trauma, and chronic diseases. We will talk about the different diets that Swami has recommended. We will dive into a few simple techniques to ground us quickly and deal with strong negative emotions

WK6 – Gayatri Chanting Saturday - 1:30pm to 2:45pm -Infirmery Lobby

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A recording of Swami chanting the Gayatri Mantra will be played and devotees can repeat after Swami.

WK7 – Mechanics of Self-Transformation Saturday – 3:00pm to 4:15pm -Devotion Hall

Swami names the three paths for self-transformation as the path of Jnana, the path of Bhakthi and the path of Karma. Swami says ‘*One should not think that these three paths are contradictory to one another. If we can sanctify the work that we do, the time that we spend and sanctify the use to which we put our body, then it will be possible to realise the truth and therefore they have gone from one step to another. They have gone from Karma - sanctifying the work - to Bhakthi and Jnana. That is the reason why all these aspects must be treated as complementary and not contradictory.*’ Summer Course 1974

This workshop will address the mechanics of self-transformation through the paths of Bhakthi, Jnana and Karma.