

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

Swami says, “Live in Love”. What does it mean? Is it practical? How do we practice seeing God in all? Let us come together to reflect on His words and teachings through an interactive workshop entitled, **“Sai is Love, Live in Sai: The Royal Road to God.”**

Facilitators

Sai Lekshmi Akella was born into the Sai-fold. As a child, she spent her summers with her grandparents, attending daily activities held in the Thrissur Sai Samithi in Kerala, India. Her first memories belonging to a Sai Center began in Flushing, New York, and later found her home at the Bridgewater Sai Center, in New Jersey, where she served as the Young Adult Representative and assistant-Guru for SSE-3 Girls. Her initial attraction to Swami was bhajans and devotional music, but more recently been guided to explore Sai-Literature through participation in YA-lead study circles and workshops. In her free time, she loves to watch animated movies with her 7-year old son, Amrith Sai.

Sarala Thapa graduated from the Sri Sathya Sai Institute of Higher Learning, Anantapur Campus, with a bachelor’s & Master’s degree in English Language & Literature. She was blessed to be a member and conductor of the Anantapur Brass Band. She feels grateful to serve as the Principal of the Sri Sathya Sai School in Sikkim, India, before coming to the United States. She served as the SSE teacher and Education Coordinator at the Sathya Sai Center of Manhattan, New York. Currently, she is a member of the Sathya Sai Center of Cherry Hill, New Jersey, where she resides with her husband and her five-year-old daughter.

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.

Facilitators

Rejina Sharma is an ecologist & environmental regulatory specialist. She holds a Master’s Degree in Environmental Studies & Management. She has served in various capacities in the SSSIO over the past decade - as a Center Young Adult Representative, Regional Envirocare Coordinator and Lead for the International Young Adults Serve the Planet Subcommittee. Currently, Rejina sits on the International Environmental Sustainability Committee.

Pradeep Indrakanti is the Envirocare coordinator for Region 2 and is a member of the Pittsburgh Sai Center. He has been involved closely with center-level environmental cleanup/service activities, and Go-Green initiatives. He is enthusiastic about reduction, reuse, and recycling, and has co-led a composting workshop at the Region 2 retreat previously. Pradeep works to incorporate Swami’s teachings on Nature and sustainability at home, and in his work as an energy engineer working on technologies to remove and reuse carbon dioxide.

WK3 –Gayatri Chanting**Saturday - 11:00am to 12:15pm - Infirmary 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.

Facilitator

Allan Morelock has always been a seeker and was powerfully moved when he first saw Swami in 1990. Allan is the author of *Nothing Other* which is a distillation of several decades of spiritual seeking and discovery, and the author of *Raindrops Falling on the Ocean*, in which he celebrates God through poetry. He has been a Trillium Awakening Teacher since 2010. He was born on a small rural farm in East Tennessee and currently lives in Somerset NJ.

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

Facilitators

Vladimir Gurevich learnt about Swami in 1981 and made his first trip to Prashanthi Nilayam in 1984. Since that time Vladimir made many more trips there. Currently Vladimir is a Devotional Coordinator of the Fair Lawn Center of NJ. Vladimir Gurevich is a Certified Health Educator and a Certified Energy Psychology Practitioner. Vladimir Studied Homeopathy with Professor F. Eizayaga in the 80s, who was considered then the #1 Homeopath in the Western Hemisphere. Dr. Eizayaga practiced medicine for more than 40 years and firmly believed that 100% of all chronic diseases stem from emotional causes.

Gita Sawhney is a member of the Manhattan Sai Center. Gita has an undergraduate degree from Skidmore College and an M.B.A from Rutgers University. Gita worked in the Finance industry and then changed her career and got a Master’s in Mental Health counseling. Gita is currently working with adults and children with trauma, depression, and anxiety at Rothschild Mental Health Counseling Center.

WK6 –Gayatri Chanting

Saturday - 1:30pm to 2:45pm - Infirmary 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 (Three Paths of Bhakti, Jnana and Karma)

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.

Facilitator

Jonathan Roof is currently retired and living in Kailua-Kona, HI. Jonathan first visited Sathya Sai Baba in India in January 1979. As a result of his interactions with Sathya Sai Baba, he wrote the three volumes of **Pathways to God**. The first volume came out in 1991 and the third volume in 2004. Jonathan served as a Sathya Sai Organization officer in many capacities for 33 years. In 2011 he led the USA pilgrimage to Prashanthi Nilayam. Mr. Roof was President of the Sathya Sai Baba Central Council USA from 2001 until 2011. He has spoken extensively at Sai conferences throughout the USA and Canada.