

Sathya Sai Baba Organisation of Australia and Papua New Guinea

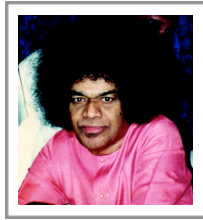
# Ladies' Wing



## PROGRAM THEME AND PLAN

**GOD IS:**

**‘Nurturing the Spiritual Heart’  
National Program**



## Ladies Wing

November 23, 2010 - Nov 23, 2012:  
God is: Nurturing the Spiritual Heart

### THEME

On the spiritual path, it is important we realise that we have two hearts: the physical and the spiritual hearts and, that each heart affects the health and wellbeing of the other. The physical heart beats within our body, while the spiritual heart beats within our soul.

We are aware of the importance of a good physical heart to the functioning of the body. We must eat and drink properly. But what of the spiritual heart? What food and drink must it have? It is known that stress adversely affects the physical heart, therefore it is necessary to find ways of replacing stress with inner peace. The spiritual heart is the repository of love, inner joy and peace. Therefore we need to be loving, joyful and peaceful within ourselves, no matter what is happening in our lives and no matter what kind of work we do - at home and/or in the world. When we have these qualities, we give the spiritual heart space to grow and to glow and our radiant heart affects every part of our lives for the better - physical, mental and spiritual.

It is important to nurture and nourish the spiritual heart, to protect it from negative reaction, neglect and abuse. This requires inner strength and resolve to do right action. First, we need to believe in its existence, for it cannot be seen with the physical eyes. Then we need to develop the will power to tend to it, as much as one takes care of anything or anyone else in life. We need to treat our own spiritual heart with love, respect and reverence.

Sathya Sai Baba says, the indwelling Lord resides within each of us, within our hearts. It is therefore proper to ask ourselves, "How am I treating God within?"

To have confidence in the Self, the indwelling Lord, is the first step towards tending the spiritual heart, from which all else follows. Such an understanding will eventually give us freedom from suffering the effects of the inevitable the ups and downs of life.

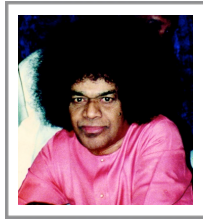
Sai Baba recommends the following integrated treatments for the spiritual heart, to make it healthy and strong:

**Spiritual Practice:** We undertake spiritual practice such as meditation, singing bhajans, chanting the Gayathri mantra, repeating the name of God etc., to purify the mind, to create a space through which Divinity within us can manifest.

**Education:** We learn through study circles and workshops to develop self awareness and to reflect upon the power and wisdom of the Omnipresent Divinity.

**Service:** We learn and earn the joy that by serving others we are really serving our spiritual heart, by giving it the fertiliser of 'Love in action'.

It is no coincidence that Sai Baba says that Ladies Wing should have three strands, spiritual, educational and service. These three 'treatments' form the arteries of the Ladies' Wing Heart. By gathering together with a deep sense of unity and willingness to work and grow spiritually, our true and Divine hearts will beat as One.



## Ladies Wing

November 23, 2010 - Nov 23, 2012:  
**GOD IS: Nurturing the Spiritual Heart**

## PLAN

### Why the Spiritual Heart?

It is important for ladies to understand what Sai Baba says about the Spiritual Heart and experience the Truth of His words for ourselves. We need to scrape away the obstacles we put up to block its Bliss, which Swami says is our birthright to experience. If we are vigilant and tend to our Spiritual Heart in the proper manner, we will undoubtedly blossom into our full potential as women and as human beings. This is God's promise to us. Through our Ladies Wing meetings and activities we will draw on our unique feminine heart energy to experience the Divine within us and to spread that joy to our homes and beyond. Swami says it is our duty to help change the hearts of men and to influence our children, but to do this we need to work on our own hearts so that we develop as models of patience, fortitude, compassion and sacrifice.

### Objective

Swami says: *'There should be all the three wings in the women's section also - spiritual, educational and service. I desire that they should engage themselves in all three activities.'* The aim of the 'Nurturing the Spiritual Heart' program is for ladies hearts to bloom like lotus flowers on the waters of our busy lives. We will do this through connection with other ladies in joint spiritual, educational and service activities that focus on nurturing the Spiritual Heart.

It is hoped that ladies will meet on a regular basis to keep the heart connection strong and healthy. There are a range of activities in which ladies can participate and select from. These include group activities such as workshops, unity days, retreats and service. Ideally, the three strands of spiritual, education and service will be part of Ladies Wing.

It is important that our Ladies Wing meetings and activities are purposeful, spiritually directed, inclusive of all and focussed on nurturing our hearts. Through their participation in Ladies Wing, women will feel uplifted, positive and refreshed.

### Delivery

Resource materials for discussion groups are available for workshops and study circles and these can be combined with devotional activities and service. The resource material is drawn from Sai Baba's discourses in Sathya Sai Speaks. Sai Baba's emblem, the *Sarva Dharma* Symbol signifies the five human values of Love, Truth, Righteousness, Peace and Non-Violence. As we work on the arteries of our spiritual heart, tending our inner spiritual health with the care and diligence of skilled surgeons, we will draw on study of the heart within each of these values to guide us like beacons on our journey. Through our diligent efforts, we will learn to *feel* our spiritual heart and how to act upon its promptings.

The program of 'Nurturing the Spiritual Heart' will be divided into four focus sub-categories and resource material will be released at six monthly intervals for discussion groups, workshops and individual study. These are:

Stage 1. November 23, 2010 - 31 May 2011: Nurturing the Spiritual Heart: Love

Stage 2: Truth 1 June 2011 - 30 November 2011: Nurturing the Spiritual Heart: Truth

Stage 3: 1 December 2011 -31 May 2012: Nurturing the Spiritual Heart: Righteousness

Stage 4: 1 June 2012 - 23 November 2012: Nurturing the Spiritual Heart: Peace and Non-Violence