

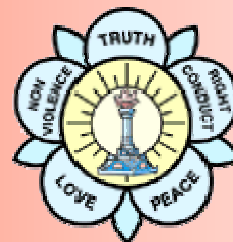
IDEAL SAI YOUTH:

Messengers of Sai Love



International Sadhana Program

A worldwide youth effort towards Sai



Sri Sathya Sai World Youth Conference 2007

9-POINT SPIRITUAL PROGRESS

1. Chant the Lord's name
2. Daily reading of Sai literature and weekly study circle:
 - ◊ Discourses – WYC 1997 & 1999; Kerala youth (21/5/06);
Karnataka youth (27/5/06)
 - ◊ Book – Prema Vahini
3. Engage in selfless service as a group
4. Practice dietary discipline
5. Learn to speak softly and speak less
6. Take active part in Sai Centres
7. Improve communication and interact respectfully with parents
8. Practice ceiling on desires
9. Practice daily prayer and meditation



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Parthi 06 Program

1. Develop passionate relationship with God
2. Sai Warrior 1: daily meditation
3. Sai Warrior 2: service activity
4. Human values program
5. Attend Sai youth study circle
6. Personal discipline:
 - ◇ Physical activity
 - ◇ Speak less
 - ◇ No meat, smoke, alcohol, gambling
7. Attend Sai centre weekly
8. Write a letter to Swami
9. Nightly prayer

No huge differences. We are already on our way!

IMPROVE COMMUNICATION AND INTERACT RESPECTFULLY WITH PARENTS

◇ Improve family harmony and dynamics. Family as the basic unit of society.

◇ 5HV and the family:

- Love (spouse/sibling bond)
- Peace (family time)
- Right conduct (empowerment & trust)
- Non-violence (communication)
- Truth (family traditions & culture)



◇ YOUR CHALLENGE → Create a history of loving family memories.

HOW TO BE A MESSENGER OF SAI LOVE?

BE A VALUES ACTIVIST!

KNOW THE VALUES,

LIVE THE VALUES,

BE THE VALUES!

INSPIRE THROUGH VALUES –

OUR LIFE IS HIS MESSAGE

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“Today we have an ever-growing number of people who are unaware of the nature of Divinity. No special Sadhanas (spiritual practices) are performed to experience Divinity. Nor all the religious rites performed by many are done for the sake of God. God cannot be seen in an exclusive way. When one realises his own true nature and rids himself of impurities like attachment and hatred, he shines in his own true self. Hence all spiritual practices are only intended to eliminate impurities in a person.”

- Divine Discourse (11/7/87)