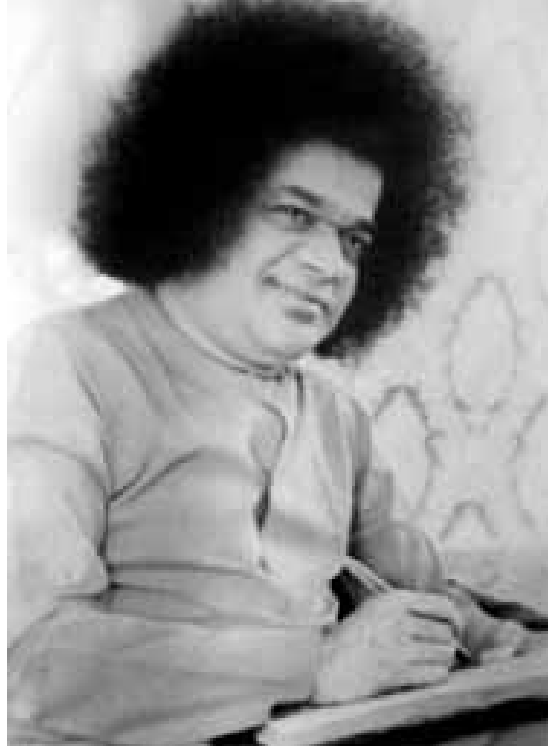


OM SRI SAI RAM

**MARIN SAI CENTER
USA**

**THE PRACTICE OF 9 CODES OF CONDUCT
AS GIVEN BY
SATHYA SAI BABA**

THE SAI DIARY



NINE CODES OF CONDUCT

- 1. DAILY MEDITATION AND PRAYER**
- 2. REGULAR STUDY OF SAI LITERATURE**
- 3. NOT TO INDULGE IN TALKING ILL OF OTHERS ESPECIALLY IN THEIR ABSENCE**
- 4. SPEAKING SOFTLY AND LOVINGLY WITH**
- 5. PUTTING INTO PRACTICE, PRINCIPLE OF “CEILING ON DESIRES” AND UTILIZE ANY SAVINGS THEREBY GENERATED FOR THE SERVICE OF MANKIND**
- 6. DEVOTIONAL SINGING/PRAYER WITH MEMBERS OF ONE’S FAMILY ONCE IN A WEEK**
- 7. PARTICIPATION IN EDUCATIONAL (SSE) PROGRAMS BY CHILDREN OF THE SAI FAMILY, CONDUCTED BY THE ORGANIZATION**
- 8. ATTENDANCE AT LEAST ONCE IN A MONTH AT GROUP DEVOTIONAL PROGRAM CONDUCTED BY THE ORGANIZATION**
- 9. PARTICIPATION IN COMMUNITY SERVICE AND OTHER PROGRAMS OF THE ORGANIZATION**

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First Code – Daily Meditation and Prayer

(Week Mar 23th onwards)

Gist of the Code:

Whatever religion one belongs to, whatever your spiritual heritage, the necessity to still the mind, to control the vagaries of thoughts, to make the "monkey mind" do our bidding and not what it wills, is a basic spiritual practice.

1. Silent sitting merges one into the Divinity in four steps.
 - a. Concentration
 - b. Contemplation
 - c. Meditation
 - d. Trance.

The mind is the cause of both Bondage and Liberation. Only those who know how to mind the Mind become masters of the Mind and enjoy Peace.

2. If the quality of Thoughts is good, the quality of mind will also be good.
3. Hurdles for Meditation
 - a. Anger
 - b. Pride
 - c. Attachment
 - d. Wish to Point out others Mistakes
 - e. Devious Intelligence
 - f. Food.
4. Qualities which Contribute to Meditation
 - a. Lack of Pretence

- b. Purity
 - c. Humility
 - d. Satisfaction
 - e. Friendship
 - f. Compassion
 - g. Happiness in others Victory also
 - h. Patience.
5. Eliminating Qualities to attain Meditation
- a. Pride
 - b. Adamancy
 - c. Searching
 - d. Lust
 - e. Desire
 - f. Shame
 - g. Fear
 - h. Hatred
 - i. Despise.
6. Silent Sitting - The devotee should have a fixed time and fixed place to sit every day silently, either in the morning and / or evening. He should sit on a thin mattress for meditation. The sitting pose or asana should be comfortable both for his body and mind.
7. Chanting of Omkar - He should then chant "Omkar", the Divine Cosmic Sound. The mind under the influence of this Divine Sound slowly loses momentum and becomes more and more tranquil and steady.
8. Chanting of Soham & Light meditation - The next step is to put the breath in rhythm. The easiest and most effortless method is to watch our breath. Thereby the process becomes normal,

that is, longer and calmer. When he inhales, the breath sounds “So” and when he exhales, it sounds “Humm” which means “He” i.e., “God” and “I” respectively. Accordingly, synchronising with these two breaths, he must mentally chant consciously “Soham” mantra which develops a sublime faith with every breath that “God and I are one”. He then bathes his senses in the light of the Divine Light by mentally taking the Light through every limb of the body.

9. Prayer - Pray in whatever way familiar to you – this reinforces your meditation.

Suggested uniform procedure for Meditation / Prayer

- Get up between 3 and 5 am - no bath required until & unless you feel sleepy.
- Silent sitting (5 minutes)
- Chanting of Om (21 times)
 - Last Om towards the Formless Divine
- “Soham” Chanting / deep breathing (5 to 10 times)
- Chanting of “Sai Suprabhataham “ – Awakening prayer
- Chanting of “Om Sri Sai Ram” (108 times)
- “Light meditation”

My Notes and action points on First Code, based on the workshop



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	March						
		SU	M	T	W	TH	F	S
		18	19	20	21	22	23	24
1	Time I committed to sit for Meditation							
	Did I do it on time?							
2	Did I do silent sitting?							
	Did I do OM 21 times?							
	Did I observe my breath with "So-Ham"?							
	Did I chant Sai Suprabhatam slowly?							
	Did I chant "Om Sri Sairam" 108 times?							
	Did I do Light meditation?							
	Could I take more sathvic food today?							

My action points for future on First Code, based on the first review
(24th Mar)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	March						
		SU	M	T	W	TH	F	S
		25	26	27	28	29	30	31
1	Time I committed to sit for Meditation							
	Did I do it on time?							
2	Did I do silent sitting?							
	Did I do OM 21 times?							
	Did I observe my breath with "So-Ham"?							
	Did I chant Sai Suprabhatam slowly?							
	Did I chant "Om Sri Sairam" 108 times?							
	Did I do Light meditation?							
	Could I take more sathvic food today?							

My action points for future on First Code, based on the second review
(31st Mar)



Second Code – Regular Study of Sai Literature

(Week April 1st onwards)

Gist of the Code:

This should not be interpreted in a narrow chauvinistic way - that only books about Sai must be studied. All Sai devotees are expected to study the life, messages and teachings of Bhagawan Baba. However literature of all the great religions and saints should also be part of reading material, as Baba's teachings cover the teachings of all religions and saints

- Subscribe to the monthly Sanathana Sarathi magazine at the earliest in the language of your choice, if not already done. Read the Sanathana Sarathi every day for at least 15 minutes, preferably after your meditation in the morning hours.
- Spend the same amount of time reading the thrilling experiences of Swami's Omnipresence, Omnipotence and Omniscience, written by well known authors, especially the overseas devotees, sitting thousands of miles away from Prasanthi Nilayam. However take care to read only the authorised publications of the Sathya Sai Books & Publications Trust.
- Do not make notes from your study of Sai literature in notebooks / diaries. Instead keep papers in a loose form (one quarter of an A4 sheet) and copy on that only that which :
 - hits you very hard
 - thrills you through & through
 - is absolutely vital for your unique realisation of God

- Keep on collecting these notes, discard some, rearrange the sequence of notes and bunch them together in envelopes, subject wise like Anger, Worry, Surrender etc., As soon as you have accumulated three or four of Bhagawan's sayings which you feel are absolutely essential for your spiritual life, then in calm deliberation read two to three each morning, before starting your day, taking your own time, letting the words sink in and try your very best to implement the same that day or that week and preferably, for the rest of your life.
- It would be useful if you can put up a White Board in a prominent place in your residence, which you as well as neighbors / visitors can see easily. On this white board do write with an erasable white board marker; "Thought for the Day" like it is done in Prasanthi Nilayam. But this thought should be from the notes which you have made on the quarter sheets of A4 paper, described earlier.
- Do not erase this Thought for the Day and change it; till you have totally understood, assimilated and digested the "thought" thoroughly and you feel that you have started practicing even a little bit in your day to day life.
- Do go through the Rules & Regulations as well as Guidelines for Active Workers of our Organization also, regularly, and try to follow the same in letter and in spirit in your activities in the Organization.

My Notes and action points on Second Code, based on the workshop



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	April						
		SU	M	T	W	TH	F	S
		1	2	3	4	5	6	7
1	Daily Meditation & Prayer							
2	Did I study Sai literature today?							
	The time I spent on Sai literature today?							
3	The name of the book/magazine I read today?							
SUN								
MON								
TUE								
WED								
THU								
FRI								
SAT								
4	Did I study any other spiritual literature that is inspiring to reach god?							
SUN								
MON								
TUE								
WED								
THU								
FRI								
SAT								

5	The aspects which inspired me from the reading (Not more than 50 words)
SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

My action points for future on Second Code, based on the first review
(7th Apr)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	April						
		SU	M	T	W	TH	F	S
		8	9	10	11	12	13	14
1	Daily Meditation & Prayer							
2	Did I study Sai literature today?							
	The time I spent on Sai literature today?							
3	The name of the book/magazine I read today?							
SUN								
MON								
TUE								
WED								
THU								
FRI								
SAT								
4	Did I study any other spiritual literature that is inspiring to reach god?							
SUN								
MON								
TUE								
WED								
THU								
FRI								
SAT								

5	The aspects which inspired me from the reading (Not more than 50 words)
SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

My action points for future on Second Code, based on the second review (14th Apr)



Third Code - Not to indulge in talking ill of others especially in their absence

(Week Apr 15th onwards)

Gist of the Code:

Back biting, character assassination, falsehood about another, trying to belittle or bring down the esteem of one in the eyes of the others – this is the deadly cancer that has destroyed many groups, even great movements, and most certainly must be considered anathema to any spiritual body. Here, not talking ill or finding faults should not be mistaken as being blind to the genuine faults or mistakes of others. It simply means that if you do talk about the faults of others in their presence, then it should only be with love, because you genuinely want to help, to improve and elevate, not to degrade and condemn.

- To start with, stop talking ill of your wife/husband, your children, brothers, sisters and relatives, close friends and acquaintances, especially in their absence and slowly extend this to all the members of our Organization, to the world of politics, governance, administration, sports and everybody and anybody you come across.
- If at all you have to criticise a person, do so in his/her presence. The criticism should be “issue” based, constructive and should be done in a polite and loving manner. People will start liking and loving you for your honesty and integrity and above all moral courage for exhibiting “Trikarana Suddhi” – Manasa Vacha Karmana - Integrity between thought, word and deed, which incidentally is the Human value “Dharma”.
- Do not take part in conversations where others are actively criticising somebody or some Organization or encourage them

to continue talking ill. Politely move away from such conversations / discussions.

- Start seeing the good in others and the bad in yourself and start correcting your mistakes. Practice seeing Swami in your wife/husband, your children, brothers, sisters and relatives, close friends and acquaintances, and slowly extend this to all the members of our Organization, to the world of politics, governance, administration, sports and everybody and anybody you come across. As you love Swami you will not talk ill of the same Swami who is residing in all.
- Whenever you are required to speak, be brief and to the point. Do not become a “Mikasura”, the one who will never leave the mike when given to him/her when speaking to the public. The more you speak, the more you are likely to criticise somebody. Talk the barest minimum, especially in public. Start practising silence as much as possible.

My Notes and action points on Third Code, based on the workshop



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	April						
		SU	M	T	W	TH	F	S
		15	16	17	18	19	20	21
1	Daily Meditation & Prayer							
	Study of Sai literature							
2	Did I speak softly, sweetly and lovingly today?							
	Could I recognize my emotion and control it before I spoke with others?							
	Could I see swami in others and therefore speak lovingly with them?							

My action points for future on Third Code, based on the first review
(21th Apr)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	April						
		SU	M	T	W	TH	F	S
		22	23	24	25	26	27	28
1	Daily Meditation & Prayer							
	Study of Sai literature							
2	Did I speak softly, sweetly and lovingly today?							
	Could I recognize my emotion and control it before I spoke with others?							
	Could I see swami in others and therefore speak lovingly with them?							

My action points for future on Third Code, based on the second review
(28th Apr)



Fourth Code - Speaking softly and lovingly with everyone

(Week Apr 29th onwards)

Gist of the Code:

- **To start with start talking softly, sweetly and lovingly** with your wife/husband, your children, brothers, sisters and relatives, close friends and acquaintances and slowly extend this to all the members of our Organization, to the world of politics, governance, administration, sports and everybody and anybody you come across.
- If you are harsh in your speaking, your reputation as a short tempered man/woman will spread and people will start avoiding you and will be very diplomatic in dealing with you avoiding crucial issues and will not confide in you for fear of being shouted upon.
- Swami says “Good thoughts lead to good words. Good words lead to good actions. Good actions lead to good habits. Good habits lead to good character. Good character leads to strong will power. And strong will power will take you to your good destiny. So if you **have good thoughts you will automatically speak good things** only and properly.
- Practice seeing Swami in your wife/husband, your children, brothers, sisters and relatives, close friends and acquaintances, and slowly extend this to all the members of our Organization, to the world of politics, governance, administration , sports and everybody and anybody you come across. As you love Swami, you cannot be harsh with the same **Swami is residing in all.**

- **Be careful about the food** which you take. It should be Sathwic. Also eat like a normal person while having your breakfast, like a king while having your lunch, and like a pauper while having your dinner. Food has a great influence on your thoughts. If you overeat, your food will create indigestion and make you lose control over your thoughts and thus the speech.

- When you are about to lose your temper on somebody :
 - Leave that place & go away
 - Stand in front of a mirror and see your angry face.
 - Laugh heartily in front of the mirror
 - Go and have a bath & sing a song while having a bath
 - Drink a glass of cold water
 - Start counting from 1 to 10
 - Start chanting Om Sri Sai Ram
 - Start praying to Swami to help you **control your anger**

My Notes and action points on Fourth Code, based on the workshop

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Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	April/May						
		SU	M	T	W	TH	F	S
		29	30	1	2	3	4	5
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
2	Did I speak ill of others in their absence today?							
	Did I avoid people when they are "speaking ill of others"?							
	Could I control the tendency and stop speaking ill of others?							

My action points for future on Fourth Code, based on the first review
(5th May)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	May						
		SU	M	T	W	TH	F	S
		6	7	8	9	10	11	12
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
2	Did I speak ill of others in their absence today?							
	Did I avoid people when they are “speaking ill of others”?							
	Could I control the tendency and stop speaking ill of others?							

My action points for future on Fourth Code, based on the second review (12th May)



Fifth Code - Putting into practice principle of “Ceiling on desires” and utilize any savings thereby generated for the service of Mankind

(Week May 13th onwards)

Gist of the Code:

The code urges all aspirants along the spiritual path to put a rein on growing desires, within an increasingly materialistic, uncaring, waste and obsolescence oriented society. The Divine Call is:

- Do not store the following food in your refrigerator, for several days, and eat the same after it has become stale and harmful / throw it away after storing :
 - Surplus food cooked at home
 - Left over from your family member’s office boxes
 - Left over from your children’s school / college boxes
- Do not feel ashamed to pack the surplus food ordered in the hotels, like it is done by people living in countries overseas, and bring the same back home, instead of wasting it.
- Hand over all the surplus food to some needy person /persons.
- During the next 7 months resolve not to waste money on unnecessary expenditure, like extra clothes/sarees/salwar kameez, shirts/trousers, shoes /sandals to match them, film /music CDs/Computer games/film magazines , fiction/ horror novels etc ,or whatever you think is really not needed by you but yet you are tempted to purchase .
- Do set aside whatever money is saved by not spending money on the above unnecessary items, separately, and use it for charity, or for social upliftment of the downtrodden and the poor or for our Organization programs

- Do make out a daily routine time table in which you specify the activities you intend performing on a regular basis.

Example:

Mondays to Fridays

4.30 to 4.45 am - Get up /brush teeth / light Light / sit for Meditation

4.45 to 5.30 am - Meditation

5.30 to 6.00 am - Study Sai literature

6.00 to 6.30 am - Yoga / exercises/ walk

6.30 to 6.45 am - Coffee/tea/relax after Yoga/walk

6.45 to 7.30 am - Get ready

7.30 to 8.00 am - Newspapers (go through only positive developments, like Govt plans for villages poor etc) ignore negative news, like suicides, accidents etc & Avoid TV

8.00 to 8.15 am - Breakfast

8.15 to 7.30 pm - Office/place of work

7.30 to 9.00 pm - Family time with wife & children & dinner

9.00 to 10.00 pm - TV - Avoid negativity to the maximum, devote time to National Geographic, Discovery, Animal Planet etc instead of negative Serials & films

10.00 pm - Off to bed with night prayers

- When not in use, do switch off the mains for Geyser, lights/fans, Computer, TV/DVD player, Microwave oven, tap water etc
- Do not talk too much/offer comments, suggestions when not asked, boast about your achievements, talk negatively and thus waste your energy.
- Do observe silence as much as possible.

My Notes and action points on Fifth Code, based on the workshop



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	May						
		SU	M	T	W	TH	F	S
		13	14	15	16	17	18	19
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
2	Did I waste food today?							
	Did I keep quiet, if family members are wasting food?							
	Have I wasted money on anything, more than what is necessary?							
	Did I waste time on any false activities that was not necessary?							
	Did I waste any form of energy in daily usage? (Ex: light/fan)							
	Did I waste money in spending where it was not necessary?							
	Did I contribute to Service Project?							

My action points for future on Fifth Code, based on the first review
(19th May)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	May						
		SU	M	T	W	TH	F	S
		20	21	22	23	24	25	26
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
2	Did I waste food today?							
	Did I kept quiet, if family members are wasting food?							
	Have I wasted money on anything, more than what is necessary?							
	Did I waste time on any false activities that was not necessary?							
	Did I waste any form of energy in daily usage? (Ex: light/fan)							
	Did I waste money in spending where it was not necessary?							
	Did I contribute to Service Project?							

My action points for future on Fifth Code, based on the second review
(26th May)



Sixth Code - Devotional singing /prayer with family members once in a week

(Week May 27st onwards)

Gist of the Code:

Have your family prayers in the traditional method of worship, be it Hindu, Christian or whatever faith. Also it does not matter if all do not join in the beginning. Start the family prayer with whoever is willing. Keep to a fixed day and time and continue with faith. However, it is important that your family members should see the visible, positive transformation in you – that your sadhana has made you more loving, kinder, gentler, and more understanding. This will have a greater effect on non- participating family members, urging them to join you, than your actual prayer itself. If on the other hand, a member of the family after doing prayers becomes intolerant, insensitive or condescending, then you will drive your family members away from your prayer - and you yourself will never enjoy the benefit of your sadhana.

- Please do Bhajans/Devotional Singing with all family members – just two Bhajans/Devotional Singing and Arathi which may not take more than 15 minutes
- If a day cannot be fixed for the whole family to assemble, then keep the day flexible but do the Bhajans/Devotional Singing once in a week.
- If nobody knows how to sing, then only Arathi should be taken.
- If singing of Arathi is a problem then somebody can read out Arathi.

- Sing Bhajans/Devotional Singing alone, if necessary on a fixed day in a week and slowly but surely other family members will adjust their routine and join in.
- If not Bhajans/Devotional Singing, chant prayers like “Vishnu Sahasranama”, “Hanuman Chalisa”, “Laitha Sahasranama”. But what is important is that the family should chant together. The Bible says “The family that prays together stays together”.
- If none of the above is possible, at least concentrate on Him for just 11 seconds only as recommended by Him, in the morning hours, without the Arathi, before the family goes out in different directions to their places of duty

My Notes and action points on Sixth Code, based on the workshop



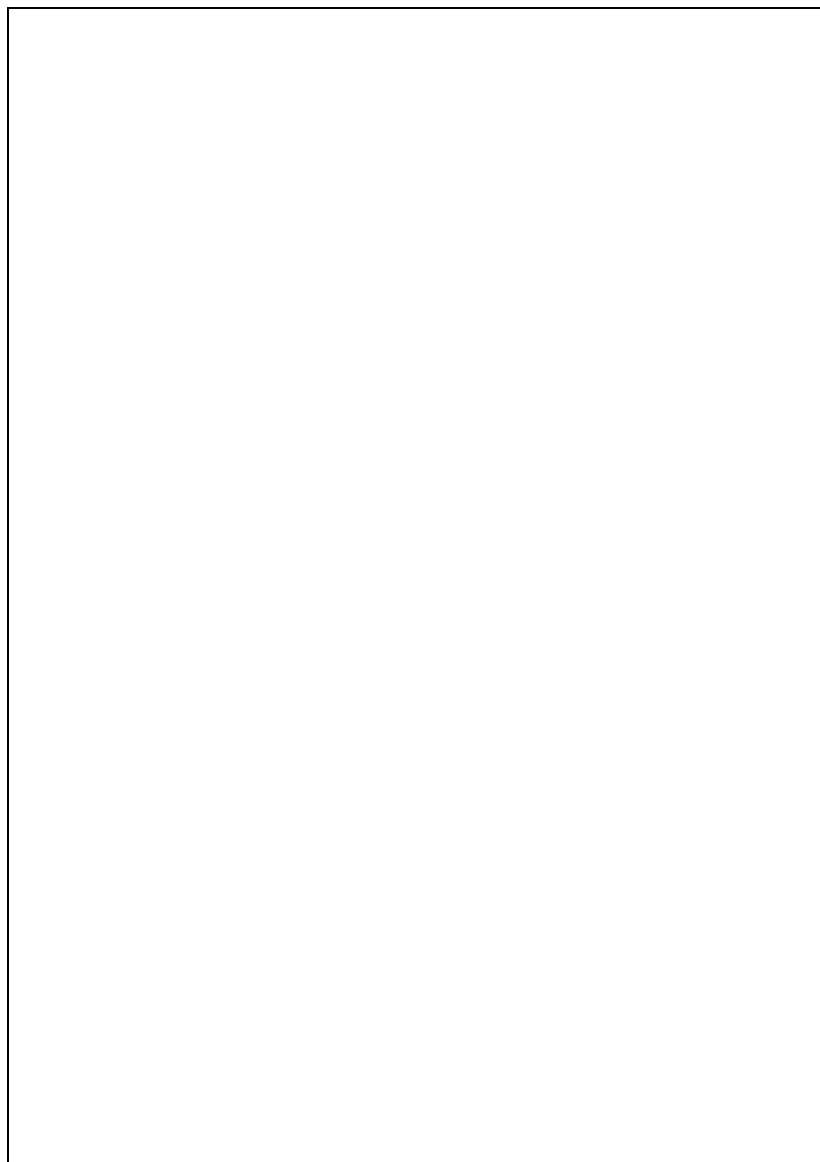
Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	May/June						
		SU	M	T	W	TH	F	S
		27	28	29	30	31	1	2
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
2	Am I doing family bhajan at home at least once a week?							
	Am I able to gather my entire family for the bhajan/devotional singing or prayer?							

My action points for future on Sixth Code, based on the first review
(2nd Jun)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	Jun						
		SU	M	T	W	TH	F	S
		3	4	5	6	7	8	9
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
2	Am I doing family bhajan/devotional singing at home at least once a week?							
	Am I able to gather my entire family for the bhajan/devotional singing or prayer?							

My action points for future on Sixth Code, based on the second review
(9th Jun)

A large, empty rectangular box with a thin black border, intended for the user to write their action points for the future on the Sixth Code, based on the second review.

Seventh Code - Participation in Educational programs by children of the family, conducted by the Organization

(Week Jun 10th onwards)

Gist of the Code:

The reason for this code is obvious when one becomes aware that what is taught to the children in SSE classes are:

- One's own religion – chanting of prayers , songs, hymns, lives of great saints etc
- Knowledge and respect for other religions
- Human values - respect for parents and elders, cleanliness, good conduct , confidence, co operation, self help etc
- The life and message of Bhagawan Baba

All these are taught through sophisticated, dynamic programs where only gurus who have undergone a specific training program will be required to teach. All children may not have the opportunity of being in the direct physical presence of Bhagawan Baba to foster their love, devotion, and thirst for spiritual knowledge and world welfare. Their spirituality must thus be fostered from within. The SSE program is designed to create a new generation of spiritually motivated, dynamic youngsters who will become a credit to themselves, their families society and nation - and uphold all the great human values that make man great grand and godly.

- Do send your children to the SSE Centre nearest to your residence.

- Do send them even if they are busy with their studies or with their extracurricular activities, by adjusting their schedules.
- Do make arrangements for common transportation with other SSE children in your Center, in coordination with your Center President, if the SSE Centre is located at a distance from your residence.
- If your children find the classes uninteresting, then do speak to the SSE Guru to try and make the classes interesting.
- If your children are grown up, then do take part in the SSE activities of the Organization regardless of whether you are a female or male and assist the SSE Centre in whichever way you can or provide assistance in running rural SSE in the SSSVIP villages.

The young students who have attended the SSE classes and their parents all over the World have paid glowing tributes to the richness of the program and its impact. It has helped the students to discover their real identity, improve their behavior, intellect and intuition. For them it was a complete transformation. The parents have equally expressed their gratitude to the program for making their homes vibrant and worth living. SSE children have brought about a complete transformation. The houses have become “Sweet homes” where nothing but love vibrates and covers the whole Cosmos.

My Notes and action points on Seventh Code, based on the workshop



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	Jun						
		SU	M	T	W	TH	F	S
		10	11	12	13	14	15	16
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
	Bhajan/devotional singing with Family							
2	Are my children going to SSE (if applicable)?							
	Am I supporting SSE							
3	Please mention the way you are supporting SSE?							

My action points for future on Seventh Code, based on the first review
(16th Jun)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	Jun						
		SU	M	T	W	TH	F	S
		17	18	19	20	21	22	23
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
	Bhajan/devotional singing with Family							
2	Are my children going to SSE (if applicable)?							
	Am I supporting SSE							
3	Please mention the way you are supporting SSE?							

My action points for future on Seventh Code, based on the second review (23th Jun)



Eighth Code - Attendance at least once in a month at Bhajan/Devotional singing program conducted by the Organization

(Week Jun 24th onwards)

Gist of the Code: Bhajans/Devotional Singing (Namasmaraan – Chant God’s Name)

- The venue for conducting Namasmaraan should normally be a public place and not the residence of any individual.
- The time should normally be in the evening and the duration should not exceed 45 minutes. The rest of the time may be taken up for announcement of programs, reading from Bhagawan's' discourses and special introductory talk to newcomers.
- The Bhajans/Devotional Singing should normally be simple Namavalis and easy for the Devotees to follow. In the Sai Organization there is no restriction about singing Bhajans/Devotional Singing of any Gods or Goddesses including those relating to other religions e.g. Islam, Christianity etc.
- The seating arrangements at the Sai centers should be such that devotees who are already sitting should not be disturbed by those who come subsequently. It is also essential that during Arathi, devotees should sit at their own place and not rush forward.
- After the Namasmaraan and before conducting the Arathi, there should be meditation for 11 minutes.
- There should not be any fund collection at the Sai centers.
- There should not be any distribution of “Prasad” at the Public Sai centers except distribution of “Vibhuti”.

Suprabhatham/Morning Prayers

- All devotees to be seated in the hall/room in the Sai Centre , by 4.50 am on the appointed day & do “Silent sitting” and mental chanting of “Soham “till 4.59 am.
- Following announcement to be made in English by Sai Centre in charge at 4.59 am.
“OM will be chanted by those nominated and others are requested to strictly follow the lead. Kindly keep gap between two Omkars. Suprabhatham will be chanted by those nominated and others are requested to maintain perfect silence.”
- The “OM Leader” starts chanting OM 21 times at 5 am sharp and the Group follows. No musical instruments like harmonium to accompany the chanting, so that the Group enjoys the pure Omkara.
- After the OM is over, two trained ladies/one Gent start chanting Suprabhatham. Harmonium may be used only for “Shruthi” purposes although, even now, this is not preferred.
- After the Suprabhatham is over , the Group assembles outside the hall/room silently goes round the area chanting Bhajans/Devotional Singing, comes back to the Centre halts outside the hall/room, after singing the last bhajan and then moves in quietly into the Hall by 5.50 am.
- The Group sits silently for 5 minutes, chants “Asathoma Sath Gamaya”, followed by Arathi by nominated person, & “Samastha Lokah Sukhino Bhavanthu 3 times.
- Along with Vibhuthi distribution Vibhuthi song is chanted thrice.
- The function closes by 6 am sharp, so that devotees may leave silently without any delay.

My Notes and action points on Seventh Code, based on the workshop

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Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	Jun						
		SU	M	T	W	TH	F	S
		24	25	26	27	28	29	30
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
	Bhajan with Family							
	Sending children to SSE							
2	Am I able to attend community bhajan at least once in the last week?							
	Did I stick to the specified conduct during community bhajan & morning prayers?							
	Did I contribute to the specified conduct of the community bhajan?							

My action points for future on Eighth Code, based on the first review
(30th Jun)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	Jul						
		SU	M	T	W	TH	F	S
		1	2	3	4	5	6	7
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
	Bhajan with Family							
	Sending children to SSE							
2	Am I able to attend community bhajan at least once in the last week?							
	Did I stick to the specified conduct during community bhajan & Morning Prayers?							
	Did I contribute to the specified conduct of the community bhajan?							

My action points for future on eighth Code, based on the second review (7th Jul)

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Ninth Code - Participation in community service and other programs of the Organization

(Week 8th Jul onwards)

Gist of the Code:

Community Sadhana will add more calories to our spiritual health and take us to our goal, provided that we fulfill two conditions viz, we give 200 hours of service as our sadhana every year at an average of 4 hours every week and we take up this Community Sadhana only after adopting in practice the preceding two paths of Individual and Family Sadhana.

It is the responsibility of the Sathya Sai Organization to give work to all devotees who wish to avail of this opportunity. Let us see the guidelines showing how every active worker can spend 200 hours per year. These guidelines will help those who wonder how to contribute 200 hours a year at an average of four hours a week.

Bhajan Leaders

- One hour contribution to SSE Class – once a month for imparting training to students.
- Two hours a week – attending Bhajans/Devotional Singing and to lead Bhajans/Devotional Singing (including transport time).
- Two hours a month – for training devotees in leading Bhajans/Devotional Singing.
- One hour a week – for any community activity of choice (hospital visit, adult education etc)

SSE Gurus

- Two hours a week – conducting class.
- One hour a week – meeting parents of SSE students.
- Periodically preparing Reports; organizing Parents day; and attending to Refresher Courses.

Other devotees who wish to become active workers can join to help in any one of the following group activities

- Community development activities - two days a month in local communities.
- Health education , Hospital visits & Book Bank – once a week
- Blood donation or Eye or dental Camps – 6 Camps a year
- Medical Checkup - 24 in year
- Vocational Guidance & Counseling - 8 Exhibitions in a year
- Adult Education & organizing Essay competitions - Once a week & 3 rounds a year
- Audio Visual shows on Education & Spirituality - 50 shows a year

My Notes and action points on Ninth Code, based on the workshop

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Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	Jul						
		SU	M	T	W	TH	F	S
		8	9	10	11	12	13	14
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
	Bhajan with Family							
	Sending children to SSE							
	Community bhajan/Morning Prayers							
2	Did I participate in community Service for at least 4 hours last week?							
	Did I prepare my priority list of Service activities in center?							
	Am I contributing to the Service activities in my center as per my priority list?							

My action points for future on Ninth Code, based on the first review
(14th Jul)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	Jul						
		SU	M	T	W	TH	F	S
		15	16	17	18	19	20	21
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
	Bhajan with Family							
	Sending children to SSE							
	Community bhajan/Morning Prayers							
2	Did I participate in community Service for at least 4 hours last week?							
	Did I prepare my priority list of Service activities in center?							
	Am I contributing to the Service activities in my center as per my priority list?							

My action points for future on Ninth Code, based on the second review
(21st Jul)



Weekly Log (Please log in before going to bed and discuss the week log during next review)								
SL No	Activity	Jul						
		SU	M	T	W	TH	F	S
		22	23	24	25	26	27	28
1	Daily Meditation & Prayer							
	Study of Sai literature							
	Speaking softly & lovingly							
	Not to talk ill of others							
	Ceiling on desires							
	Bhajan with Family							
	Sending children to SSE							
	Community bhajan/Morning Prayers							
2	Did I participate in community Service for at least 4 hours last week?							
	Did I prepare my priority list of Service activities in center?							
	Am I contributing to the Service activities in my center as per my priority list?							

My action points for future on Ninth Code, based on the last review
(28th Jul)



Nine Codes of Conduct Practice

Name: _____

Place: _____

SL No	Activity	From: _____ To: _____					
1	Daily Meditation & Prayer						
2	Study of Sai literature						
3	Speaking softly & lovingly						
4	Not to talk ill of others						
5	Ceiling on desires						
6	Bhajan with Family						
7	Sending children to SSE						
8	Community bhajan/Morning Prayers						
9	Community Service						

Discuss the transformation observed and obstacles faced during practice