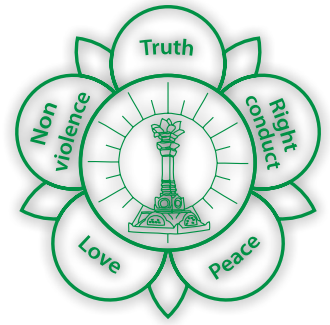


# Sai Vision

Self-Awareness Programme



## Introduction

In our everyday life, we have to deal with many things (e.g. studies, jobs, sports and fun with friends, work for community and in the Sai organisation, our spiritual practice). All these activities are important as they present us with opportunities (and often also challenges), which are essential for our growth. However, they also drag us into a strong flux of "happening", which veils our true identity, our goal and the true state of all things. As the result, we often experience existential worries and fears of not being accepted or of not performing well; we subject ourselves to desires; or we turn ourselves into victims because we couldn't have achieved or avoided something. In fact, the problem does not lie in the activities but in our perception of them.

We all know that our true identity is God and that our goal is merging with God. We know that the true state of all things is that they are of God and that all their various forms and names are nothing else than a superimposition of maya (the deluding force).

In this part of the self-awareness programme, we invite you to unveil the drapery of maya and to become more aware of our true identity and to bring the consequences of this awareness into our everyday life.

## Suggested practice

Sai Baba has repeated to us innumerable times: "God is not separate from you; God is manifest in you." He has also told us many times that we should constantly live in the awareness: "I am God, I am everything and I am the reality. All forms are subject to change." [25. 10. 2004]

We invite you to take this as a motto of the upcoming two weeks. Let's focus on this truth in the following way:

- 🎵 Select one or more affirmations below (or create your own similar to these) and spend some time in the morning (before you embark on your everyday activities) contemplating on the affirmation. Say the affirmation to yourself a few times and concentrate on what you are saying, feel with your divine intuition what it means, understand its truth, see what this means with respect to the things you are going to encounter during the day.
- 🎵 If during the day you realize that you are not thinking, speaking or acting based on this truth, pause for a while and repeat the affirmation for yourself and again understand its validity and what it implies for the current situation.

These are several powerful affirmations taken from Sai Baba's discourses:

*I am God. I am no different from God.  
I am the supreme reality. I am pure being, awareness and bliss.  
Everything has arisen from me. Fear or grief can never touch me.  
I am the immortal self. I was never born. I will never die.*

[Al Drucker: I Am, chap. 2, part 16]

*I am not the body, I am not the mind; I am God verily.*

[25. 12. 2009]

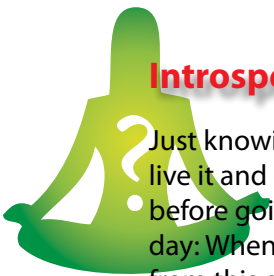
*I am God, I am everything and I am the reality.  
God is not separate from me. God is manifest in me.*

[25. 10. 2004]

*I am in the light; the light is in me,  
I am the light. I am in God. All are in God.*

[1. 3. 2003]

## Introspection



Just knowing that we are divine or being able to speak about it is not enough. We should be able to live it and exemplify it. To help us doing so, we invite you to try out a simple "spiritual diary". Every day before going to bed, find a few moments to think about the situations you experienced during the day: When did you feel aware of your true Self and acted accordingly? When did you feel disconnected from this divine part of your Self, and how did this happen?

You can use the diary on the next page, or modify it according to your needs. The main questions of the diary will remain the same for the whole 10 weeks of the programme. However, during each part of the programme, we will give hints to where you can shift the focus of your introspection.

## Sharing the inspiration



In the upcoming two weeks you can expect inspirational e-mails to help you keep going. We may be also sure that Swami may use those e-mails to answer your questions that may have been gnawing at you for already some time.

Also, we would be happy to hear from you how well you are doing. You may either send us an e-mail to [sap@saivision2012.eu](mailto:sap@saivision2012.eu) or you can make and read posts at a dedicated Self-Awareness Programme Facebook group – just send us or to your national youth coordinator an e-mail with your Facebook ID and we will invite you to the group.

You can find this document as well as all the upcoming inspirations at [www.saivision2012.eu/sap](http://www.saivision2012.eu/sap).





### Self-awareness diary: Week 1 and 2

When reflecting your experiences of today, you may pay special attention to the value of **TRUTH**: Were you **honest** to yourself and others? Were your **thoughts, words and deeds in harmony**? Did you act according to **what you know is good for you**? Did you consciously remember during the day that **you are Divinity**? How did this influence your state of mind?

	<i>When you think back to the events of today, ...</i>	
	<i>... when did you feel aware of your true Self? When did you think, speak, and act out of this awareness? What insights did you have?</i>	<i>... when did you feel absorbed in the game of maya and disconnected from your true Self? What prevented you from being in harmony with the purity that you really are?</i>
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