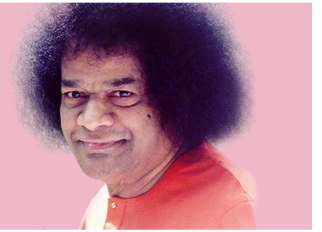




SADHANA OF LOVE



Bhagawan Sri Sathya Sai Baba has given us the divine opportunity to be a part of His organisation and realise our true nature as pure love. With His guidance, we can become pure exemplars of His love and teachings, and bring more love and light into the world.

The *Sadhana of Love* programme was developed to help us learn more about Sathya Sai Baba's teachings on love, sadhana (spiritual practice) and Self-realisation. The aim is to:

- ♥ put those teachings into practice
- ♥ purify our minds and hearts
- ♥ manifest more love in our lives, and
- ♥ realise our inherent divinity.

This factsheet outlines how devotees can practise the *Sadhana of Love* programme one step at a time. The programme is built on Sathya Sai Baba's steps to Self-realisation. These steps are Self-confidence, Self-satisfaction, self-sacrifice and Self-realisation. Their definitions are given in Figure 1.

Sathya Sai Baba explains the importance of these steps:

One can attain divinity only when one has steady faith. First of all, one should have faith in one's own Self. Develop Self-confidence, which will lead to Self-satisfaction. When you have Self-satisfaction, you will be prepared for self-sacrifice. Only through self-sacrifice, can one attain Self-realisation. Self-realisation means to realise that you are everything. Self-confidence is the foundation, Self-satisfaction is the wall, self-sacrifice is the roof and Self-realisation is life. No one can live in a building without a roof. Roof cannot be laid without walls and walls cannot be raised without foundation. So, Self-confidence, Self-satisfaction, self-sacrifice are very essential for Self-realisation.

Sathya Sai Baba, SSS 34.18: 9 October 2001, <http://www.sssbpt.info/ssspeaks/volume34/sss34-18.pdf>

To find out more about the first step, Self-confidence, please turn over.



Self-confidence

The firm and steady conviction that you are the Atma (Self or love). This leads to Self-satisfaction.



Self-satisfaction

Being satisfied with the bliss of your divine Self and no longer being tempted by what appear to be sources of joy in the external world. This prepares you for self-sacrifice.



self-sacrifice

The loving sacrifice of all sense of ego and separateness to the Lord. This leads to Self-realisation.



Self-realisation

Constantly experiencing your true nature as infinite, selfless love pervading all of creation. In this experience of oneness, there is only love.

Figure 1. Sathya Sai Baba's steps to Self-realisation

When a person is yearning for the precious goal of Self-realisation, all the forces of nature and all creation will help him and render all assistance. ... Aim high, resolve on the supremest adventure—everything will be set right to lead you on, to the goal.

Sathya Sai Baba, SSS 9.25: 17 October 1969, <http://www.sssbpt.info/ssspeaks/volume09/sss09-25.pdf>



What is Self-confidence?

Sathya Sai Baba said that Self-confidence is the firm and steady conviction that you are the Atma (Self or love).

Sathya Sai Baba told us that Self-confidence is the foundation of the spiritual path and the most important asset in life. It leads to Self-satisfaction, self-sacrifice and Self-realisation. Therefore, it is essential that we understand what Sathya Sai Baba means by Self-confidence, how to develop it and to practise contributing sadhanas with love.

**Remember that you are that
changeless original—the Atma (Self).
All your sadhanas should be directed towards
establishing yourself in this firm conviction
and unwavering faith, culminating
in your life's fulfilment.**

Sathya Sai Baba, SSS 24.1: 1 January 1991,
<http://www.ssbpt.info/ssspeaks/volume24/ss24-01.pdf>

**You are not the body, the senses or the mind.
You are their master. You are the Atma.**

Sathya Sai Baba, SSS 28.33: 20 November 1995,
<http://www.ssbpt.info/ssspeaks/volume28/ss28-33.pdf>

30-day challenge

The 30-day challenge has been created to help you along the path to developing Self-confidence. As part of the challenge, each of us will commit to practising our chosen Self-confidence sadhana for at least 30 days.

You can do this yourself or you can buddy with a fellow devotee who has chosen the same sadhana.

Be sure to check out the Guidelines for how to get started.

Requirements: Love and determination

Guidelines

1. Download the main *Sadhana of Love* document from the SSIO *Sadhana of Love* webpage: <https://www.sathyasai.org/sadhana-of-love>
2. Check out page 10 for the list of Self-confidence sadhanas. These sadhanas help to develop your Self-confidence.
3. Guided by your conscience, choose one of the 18 sadhanas to practise. Choose the one that will develop your Self-confidence and love the most.
4. Find your selected Self-confidence sadhana between pages 14 to 31.
5. Read the quotes from Sathya Sai Baba about your chosen sadhana. Reflect on how you can apply His teachings to your life.
6. As part of your 30-day challenge, practise your sadhana every day with more and more love.
7. Let love permeate your thoughts, words and deeds. Aim to fill your life with love!
8. You can document your journey in your spiritual diary. This can either be a hard or electronic copy.
9. Always remember that Sathya Sai Baba is with you, in you and around you. He is not separate from you. He and you are one!

Next steps

Once your selected Self-confidence sadhana is well established in your daily life, you can make further selections to help build your faith and confidence in your true Self.

Be on the lookout for our next 30-day challenge, which is **Self-satisfaction**.



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Everything is within you. ... All that you need is Self-confidence. Self-confidence is most important for spiritual development. Where there is Self-confidence, there is truth. Where there is truth, there is bliss. Where there is bliss, there is peace. Where there is peace, there is God. Hence you must cultivate Self-confidence.

Sathya Sai Baba, SSIB 2002.11: 26 May 2002, <http://www.ssbpt.info/summershowers/ss2002/ss2002d11.pdf>