

# Spiritual / Devotion Wing Summary

**Focus:** The workshop explored ways in which Go Green principles can be practiced as a devotional/spiritual exercise, so that devotees may deepen their love for nature and act in a way that protects our planet.

## **Integrating Go Green Principles into the Devotion Wing**

Namasmarana (recitation of divine names), Bhajan (devotional singing) and Prayers for the Environment

- Bhajans can be conducted during Earth Hour and dedicated to Mother Earth as well as the health of the planet.
- Prayers for rain can be conducted for droughts in Africa and Australia.

## **Sai Literature**

- Study circles can be conducted within centres and the sessions can delve deeper into Sathya Sai Baba's words on the environment and Go Green initiative. The extensive resources prepared by the Serve the Planet (STP) subcommittee can be used.
- A short reading on the Go Green topic can be shared after every bhajan session.
- Relevant Sai Literature (such as the Go Green Conference Book) can be shared with devotees to inspire them and to increase learning.

## **Sadhana of Love encourages devotees to take up personal Sadhanas for the benefit of planet such as:**

- 'Ceiling on Desires' to be practiced to reduce consumption of energy, water, food and thereby lessen our overall impact on environment
- Love needs to be expressed for all of creation.
- A vegetarian diet needs to be adopted and consumption of dairy products should be reduced.

## **A '30 day sadhana challenge' can be created with the following challenges:**

- Reusable bags must be used and plastic bags to be avoided.
- Two bhajans shower (i.e. duration of the shower must be limited to two bhajans).
- Packaged and processed foods to be avoided.



## Activities in Nature

- Nature based or eco-retreats to be hosted in a beautiful nature setting, for devotees to have time and space to connect more deeply with nature and discuss Sathya Sai Baba's teachings on the topic of going green.
- Hikes, 'meditation walks' and other excursions into nature can be organised for devotees to experience nature's majesty while deepening their love and reverence for nature. Incorporation of service activities would be an added advantage. (e.g. clean ups, tree planting).

Spend your time in the contemplation of the beauties of nature, which are spread out before you in earth and sky – green expanses of the crops you have raised, cool breezes that waft contentment and joy, the panorama of coloured clouds, the music of the birds. Sing the glories of God as you walk along the bunds of the fields and the banks of the canals. Do not talk hatefully in the midst of all this evidence of love, do not get angry in these placid surroundings; do not disturb the sky with your shouts and curses, do not pollute the air with vengeful boasts.

–Sathya Sai Speaks, Vol.1/Ch.15, 2 September 1958