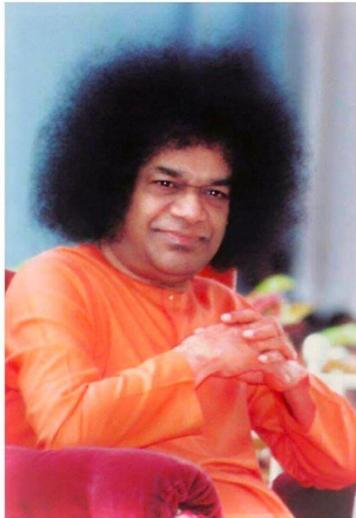




BRIDGES

A set of 7 toolkits to support new Sai Young Adults to 'bridge' the gap in connecting with Sai.

FOREWORD



“You should recognise the truth that man's life should consist of making the journey from the position of 'I' to the position of 'We'. This creation is like the bridge which connects man with God. 'I' is one hill. 'God' is another hill. The bridge between the two is the aspect of creation.”

– Sri Sathya Sai Baba, October 25, 1973

WHAT IS BRIDGES?

Bridges was created as a series of 7 toolkits to guide Sai Young Adults (YAs) to foster a deeper connection with each other and ultimately with Sri Sathya Sai Baba. These toolkits serve as an important resource for SSE Group 4 students in particular as they transition into the Young Adults Programme and ‘bridge’ the gap as they travel from one chapter into the next of their spiritual journey.

Bridges was created by the Pathways Young Adults Subcommittee of the Sri Sathya Sai International Organization (SSSIO). The Pathways team is committed to empowering the spiritual development of the future generation of YAs, aged 18-22, through the creation of a strong support system that provides mentorship and relevant opportunities to practice Swami’s teachings and apply it to daily life. To meet this goal, it is vital that YAs establish



Sai Young Adults Bridges Toolkit

connections with, and provide support to this future generation as they transition out of SSE and begin to view Swami's teachings through the new lens of young adulthood.

The objective of Bridges is to provide a general guide on various topics ranging from thoughts on how to introduce Group 4 students and new YAs to young adulthood and the Sai Young Adults Programme, developing mentorship opportunities for Group 4-YA teams at a centre/regional level, creating opportunities to engage with the community and build connections between Group 4 SSE students and YAs.

Overall, these toolkits fulfil three overarching goals:

1. The toolkits provide an introduction to the Sai Young Adults Programme. This goal will be explicitly accomplished via Toolkit #1: "Introduction to YAs!" but will also be addressed in the remaining 6 toolkits, as each will guide YAs on how to welcome and initiate YAs into the YA community through various joint activities and initiatives.
2. Similar to the first goal, the second focuses on developing connections between Group 4/new YAs and current YAs. While some guides might explicitly focus on developing this connection more than others (e.g., Toolkit #2: Mentorship), each toolkit will refer to this goal by recommending activities and opportunities to establish and build strong relationships between these age groups.
3. The toolkits will also guide YAs on methods to reinforce the spiritual connection with Sri Sathya Sai Baba for Group 4 students/new YAs. This would involve Swami's thoughts on the specific topic in the respective toolkit (e.g., Swami's words on the importance of study circles included in Toolkit #7: Study Circles) and opportunities that YAs can present for group reflection and discussion on how joint activities connect to Swami's teachings.



Sai Young Adults Bridges Toolkit

With Sri Sathya Sai Baba's blessings, may these set of toolkits guide you, inspire you and serve as a 'bridge' to connect with YAs and Bhagawan as you progress on your spiritual journey.

For more questions, feedback and suggestions, feel free to reach out to pathways-team@sathyasai.org.

With His Blessings, Love, & Guidance,

SSSIO International Young Adults Pathways Subcommittee

HOW TO USE BRIDGES?

These toolkits are not exhaustive and are an adaptable template which you can use to better fit your local YA communities by tailoring it to the specific needs and demands. Each toolkit details the relevance of its respective topic towards supporting new and younger YAs, as well as how you might go about doing so. These ideas and recommendations in each toolkit can be used as a reference point when determining the ways in which you seek to conduct activities within your local YA community. In addition, Bridges contains an interactive feature which allows you to provide valuable feedback and share with us, how you serve your YAs in your local region, by submitting a form which is linked at the end of each toolkit. With the help of your recommendations, the Pathways team will aim to update these toolkits on a regular basis. We hope you enjoy this journey with us, and we look forward to connecting with you.



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PART 1 | Introduction to the Young Adults Fold

“Youth alone can transform youth.” - Sri Sathya Sai Baba, May 13, 1985

WHY THIS TOOLKIT?

This toolkit provides graduates of the Sai Spiritual Education (SSE) Programme and new Sai Young Adults (YAs) an introduction to the Sri Sathya Sai International Organization (SSSIO) Young Adults Programme and the overall mission. The Sri Sathya Sai Young Adults Programme (SSSYAP) addresses some of the unique needs of individuals between the ages of 18 and 40.

This introduction will enable young people to understand the objectives of the programme, which include the development of their leadership skills, service and engagement in spiritual practices, and the achievement of spiritual transformation in the light of the Divine teachings of Sri Sathya Sai Baba.

INTRODUCTION TO THE INTERNATIONAL SAI YOUNG ADULTS COMMUNITY

The Sri Sathya Sai Young Adults Programme (SSSYAP) seeks to deliver this powerful message to the world through YAs worldwide. The programme encourages men and women, between the ages of 18 and 40, to lead purposeful lives in service of their families, communities, and countries by learning and practising the spiritual principles revealed by the life, teachings, and work of Sri Sathya Sai Baba. Primary importance is given to holistic character development through both personal transformation and selfless service.

The formation of International Young Adults Subcommittees was included in the resolutions of the Sri Sathya Sai World Youth Festival in July 2016, where around 3,000 YAs from 50 countries gathered in Prasanthi Nilayam. The goal is to actively encourage and inspire Young Adults around the world to progress on their spiritual journey.



Each of the subcommittees is comprised of YAs from around the world who are talented and motivated, with the yearning and skills to serve. Their efforts build a firm foundation by which these subcommittees can become long-term initiatives serving all members of the Sri Sathya Sai International Organization (SSSIO), and beyond. The eleven subcommittees are as follows:

1. OCEAN OF MUSIC (OoM)



The OoM Subcommittee organises all musical offerings undertaken by the YAs supporting the SSSIO online events and celebrations, throughout the year. The onset of the pandemic gave YAs from all over the world the opportunity to unite as a family, to sing the glory of our beloved Sri Sathya Sai Baba in a myriad of tunes and languages. Over 400 YAs from 35 countries actively participated in recording devotional songs and bhajans for Guru Poornima, SSSIO Worldwide Akhanda Bhajans, Sri Sathya Sai Baba's 96th Birthday, and Christmas celebrations.

In conjunction with the 95th Birthday celebrations, a special album titled All is One, One with Sai, consisting of 95 devotional songs and bhajans by YAs was offered. The music was synchronised with appropriate visuals and videos of the YAs rendering the music, in collaboration with the YA Media team. For Sri Sathya Sai Baba's 96th birthday, the OoM subcommittee released the first volume of the International Sai Young Adults Musical Album Series: Ocean of Music.

Find out more at: sathyasai.org/ya/ocean-of-music



2. SERVE THE PLANET (STP)



The Serve the Planet (STP) Subcommittee continued its theme of Building a Sustainable values-based CommUNITY. YAs turned their journey inwards with online, nature-based study circles focusing on physical and mental energy. Two live webinars were held on planting the seeds of love (starting a home garden) and making the transition to being a healthy and planet-friendly vegetarian. The year 2020 saw the launch of the first Instagram live sessions, giving YAs access to a home garden and answering questions on how to start a garden, beekeeping, caring for animals, and how small actions can have a big impact on native fauna.

Major environmental days (Earth Hour and Earth Day) were celebrated with online campaigns encouraging devotees to reinvigorate their connection to Nature and God. The theme for 2022 is *“Love The Planet to Serve The Planet.”*

Find out more at: sathyasai.org/ya/serve-the-planet



3. SRI SATHYA SAI INTERNATIONAL LEADERSHIP PROGRAMME FOR YOUNG ADULTS (SSSILP)



The SSSILP has been successfully sharing leadership knowledge and practical skills based on Sri Sathya Sai Baba's teachings. The year 2022 marks the 7th anniversary of the programme where 151 YAs registered and are participating from 32 different countries. The leadership programme based on the principles and values of Sri Sathya Sai Baba's teachings is offered in nine different online modules and three different languages: English, Russian and Spanish.

The class of 2020 - 2021 graduated in 2021 bringing the total number of graduates, since the inception of the programme in 2015, to nearly 1,800. Many graduates are serving in various leadership roles within the SSSIO at centre, regional and national levels in all the zones around the world.

Find out more at: sathyasai.org/ya/sssilp



4. SRI SATHYA SAI SADHANA OF LOVE (SSSSOL)



In 2020, the SSSSOL Subcommittee conducted the Sadhana of Love Programme for over 100 YAs. The course teaches the four steps to the realisation of one's Divinity – Self-Confidence, Self-Satisfaction, Self-Sacrifice, and Self-Realisation as expounded by Sri Sathya Sai Baba. The programme included nine online modules, with the last two featuring guest speakers, panel discussions, and a meditation session.

The SSSSOL Subcommittee also began accepting applications for the 2021 programme at the end of 2020, which was very successful. Participation has increased every year since the inception of the subcommittee. In preparation for the 2021 programme, the team worked on new study circles and other supplemental material based on feedback received throughout the year. The 2021 programming year ended with 144 YAs graduating from the programme.

YAs all over the world have been regularly sharing remarkable testimonials of gratitude to Sri Sathya Sai Baba through the Reflections of Sai posts on social media, which are published every Thursday.

Find out more at: sathyasai.org/ya/sadhana-of-love



5. YOUNG ADULTS INTERNATIONAL ENGAGEMENT (YAIE)



The YAIE Subcommittee aims to equip YAs worldwide with resources to share the teachings of Sri Sathya Sai Baba and the work of the SSSIO at public events.

In 2020, the YAIE Subcommittee sent a delegation of 10 Young Adults to represent the SSSIO at the 25th Youth Assembly in New York, USA. This delegation then presented their experience to national YAs, outlining their takeaway messages and learnings. The team also worked on an *SSSIO Sri Sathya Sai Compendium for Sai Young Adults*, in response to feedback received from the 2019 International YA survey. The YAIE Subcommittee continues to explore various conferences, webinars, and presentation opportunities while planning interactive sessions to further empower YAs to represent Sri Sathya Sai Baba and the SSSIO at public forums. The members have met every two weeks for group Satsangs to discuss various aspects of Sri Sathya Sai Baba's teachings and their application in daily life.

Find out more at: sathyasai.org/ya/YAIE



6. INFORMATION MANAGEMENT AND ANALYTICS (IMAS)



The IMAS Subcommittee provides insights by acquiring accurate and timely data from international sources to help in decision-making. The subcommittee has collected and analysed data for the SSSIO Young Adults Surveys and provided insights on YA activities around the world, the involvement of YAs at various levels, the challenges faced, and their partnerships with other organisations. The IMAS Subcommittee has also assisted in analysing insights for surveys conducted by the Pathways team and has worked with the SSSIO IT Committee on several projects.

Find out more at: sathyasai.org/ya/imas

7. INSAIGHTS



InSAights provides innovative content through masterclasses and workshops where YAs learn about the teachings of Sri Sathya Sai Baba and implement them in their daily lives. The team organised a series of three online masterclasses on Spiritual Wellbeing and Healthy Living, which was viewed by hundreds of YAs around the world. InSAights also offers technical support to the International Young Adults Veda Programme Subcommittee and hosts the International Young Adults Calls held every three months.

Find out more at: sathyasai.org/ya/insaights



8. PATHWAYS



The Pathways Subcommittee was formed in July 2020 to empower the spiritual learning and development of future generations of Young Adults (aged 18–22) through relevant learning along with the daily practice of Sri Sathya Sai Baba’s teachings.

In July 2021, the Pathways Subcommittee organised a 30-Day Sadhana Challenge with Serve the Planet Subcommittee for Young Adults aged 18-22. This ‘Sadhana Quest’ sought to uncover, explore, and strengthen the connection between Young Adults, God, and Nature through the practice of daily eco-friendly and spiritual sadhanas. The foundation is in understanding the current impact of human activity and how inner awareness can transform the heart and restore Nature with more enlightened human endeavours. The programme was hosted on Zoom and supplemented with podcasts, webinars, and hands-on activities.

Find out more at: sathyasai.org/ya/pathways



9. SAI YOUNG ADULTS EDITORIAL TEAM



The Sai Young Adults Editorial Team provides editorial expertise to the International Young Adults Programme for various worldwide materials such as the SSSIO Annual Report, International Young Adults bulletins, SSSIO Magazine *Sathya Sai – The Eternal Companion*, and announcements and articles for websites, events, and worldwide publications. The team seeks YAs who are well versed in the English language, have excellent writing skills, and have a passion for editing and reviewing the material.



10. SAI YOUNG ADULTS MEDIA TEAM



The Sai Young Adults Media team is the hub for promoting official YA Subcommittee initiatives and announcements to devotees around the world. Sai Young Adults are active on several social media platforms including Facebook, Instagram, Twitter, Telegram, Snapchat, and Spotify under the username @saiyoungadults. These platforms are used for updates, YA initiatives, as well as notifications of various subcommittee initiatives with graphics and videos. An episode of Sai Lens is shared quarterly, which collates service activities and reflections from YAs around the world.

During the period January to December 2021, along with all the initiatives above, the YA Media Team played an integral role in all SSSIO Online Events, which benefitted devotees everywhere.

OFFICIAL SOCIAL MEDIA PLATFORMS

@SaiYoungAdults



FACEBOOK



TWITTER



INSTAGRAM



TELEGRAM



SPOTIFY



11. INTERNATIONAL YOUNG ADULTS VEDA PROGRAMME



The International Young Adults Veda Programme Subcommittee launched its first Veda Training on April 24, 2020, on the auspicious day of Sri Sathya Sai Aradhana Mahotsavam with the opening of the registration for Young Adults, followed by the inaugural webinar on June 20, 2020. The programme provides a golden opportunity to empower Young Adults to chant and practice the teachings of the Vedas.

About 1,400 YAs from around the world enrolled in the yearlong structured training programme which consists of fortnightly lesson plans for tutorials including revision and practice classes, and international webinars every two months. The International Young Adults Veda Programme included one year of training and chanting the Vedas during events at all levels of the SSSIO in many countries. In 2022, 645 participants have registered to be part of the International YA Veda Programme.

Find out more at: sathyasai.org/ya/veda



12. International Young Adults Wellbeing Support Group



The COVID-19 pandemic gave birth to the wellbeing initiative that focuses on the importance of a sound body, mind, and spirit for a happy and peaceful living as per the teachings of Sri Sathya Sai Baba. The Young Adults Wellbeing Support Group Subcommittee, together with licensed physicians initiated a Healthy Living webpage to provide useful information around stress alleviation, anxiety, depression, and mental health. They also equip Sai Young Adults with tools and techniques to lead a healthy and balanced lifestyle.

SAI YOUNG ADULTS' INVOLVEMENT

WHO?

All YAs around the world can be involved and take part in the SSSYAP, preferably YAs aged 18-22. SSE Group 4 students who graduate from SSE and turn 18 can start taking part in the various initiatives from the subcommittees. Group 4 students under 18 who have not yet graduated can also engage in activities although parental consent is required. SSE coordinators should be involved in the planning and execution of the activities.

HOW?

These activities can take place virtually (e.g., Zoom or Microsoft Teams) or in-person (provided COVID-19 safety guidelines allow for this). In-person is highly recommended for better discussion among YAs and training. Ideally, it is best for this to take place during the summer before the YAs depart for University or College or after they graduate from SSE.



SHARE!

There are so many new YAs joining our International YA Community every year! How does your local YA community welcome them as they enter this next stage in their journey?

Click "Share" or scan the QR code link!



Introduce the YA Programme and explain how they can be involved:*

1. Outline the YA resources, subcommittees, and relevant leaders internationally.
2. Provide a brief history of the programme and show past initiatives on social media to draw their attention.
3. Highlight opportunities and offerings that YAs can be a part of.
4. Share a Google Drive folder with resources and information related to the subcommittees' roles and responsibilities.

Spiritual Requirements:

1. Follow the same opening prayers or closing prayers as done for all Sai activities (3 OMs + prayer).
2. YA meetings, get-togethers, and programmes often include educational and devotional activities and place a strong emphasis on selfless service.
3. Discipline, modest attire, and the separate seating of young men and young women characterise the meetings, being for the pursuit of spiritual purposes.



PART 2 | Mentorship

“First and foremost, the youth should come forward to help each other. The end of education is character. If your character is good, then you can achieve anything in life. It is most essential for you to safeguard your character. Only such a person is a truly learned one.”

- Sri Sathya Sai Baba, November 22, 2010

WHY THIS TOOLKIT?

This toolkit focuses on mentorship regarding graduates of the SSE Programme and new YAs, an introduction to the YA Programme, and our overall mission. The SSSYAP addresses some of the unique needs of individuals between the ages of 18 and 40. Mentorship can be established through an official centre YA initiative or can occur through natural bonds formed between younger and older YAs.

SHARE!

There are so many new YAs joining our International YA community every year! What advice would you like to share with new YAs as they enter this next stage in their journey?

Click “Share” or scan the QR code link!



MENTOR/MENTEE PROGRAMMES

WHY?

Conducting mentor/mentee programmes in your centre or region can create and instil life-long connections between new and established YAs, allowing for guidance and lessons on navigating different college and career stages, as well as understanding how to improve our spirituality. Furthermore, it will foster a support network within the Organisation that can help YAs not only grow spiritually but also socially and emotionally, as YAs learn more from each other on how to approach other aspects of life.



HOW?

Mentor/mentee programmes are a great way to involve and connect both younger and older YAs in your local community. Recommendations on how to conduct these programmes are as follows:*

1. Establish a clear vision or goals from the beginning - mentorship guidance or advice should ultimately be based on Sri Sathya Sai Baba's Divine teachings.
2. Establish regular check-ins between mentor and mentees.
3. Establish regular check-ins (e.g., biweekly, or monthly) between mentors to brainstorm and share thoughts or experiences or regroup between individual mentor-mentee meetings.
4. Involve younger and new YAs as mentees (i.e., 18-21), and established YAs as mentors (22-30).
5. Depending on your centre or region, the programme can be advertised to Group 4 students in their last year of SSE to ensure new YAs straight out of SSE are being considered. If these students or any current YAs in your centre or region are relocating for any reason (e.g., college, job opportunities, etc.), YA leads can take steps to ensure these YAs-in-transition have the appropriate YA contact at their new location to support them and welcome into their new local YA community.

MENTORSHIP FOCUS AREAS

1. SPIRITUALITY

1. Connecting with Sri Sathya Sai Baba.
2. Faith in Sri Sathya Sai Baba.
3. Self-confidence and SELF-confidence (the difference between i and I - confidence in yourself is self-confidence, while confidence in Sai is SELF-confidence).
4. Bridging our spiritual and social lives.



2. PROFESSIONAL/ACADEMICS

1. College applications and essays.
2. Academics - tutoring, advice on university courses, and academic experience.
3. Career readiness- resume critique, job search support (connection to appropriate resources and/or connections).

3. SOCIAL OR COMMUNITY

1. How to build self-confidence in our daily lives.
2. How to be an advocate for yourself and others.
3. Understanding various facets of climate change and how to combat it in small steps.
4. Exercise - what type of exercise helps alleviate your stress and introduce people to various sports.
5. Importance of diversity in science and other industries.
6. Discussion of relationships.

**Have a mentorship focus area to include that you don't see here? Reach out to Pathways at pathways-team@sathyasai.org so we can be sure to include it.*

RELEVANT SUBCOMMITTEE LINKS**

Click on the subcommittee logo to be taken to their website.



YOUNG ADULTS INTERNATIONAL
engagement



INSAIGHTS





PART 3 | General Hangouts

“Youth today are in great need of good company. By associating with people who use bad language, indulge in bad deeds, young men take to bad ways. Students should eschew totally bad company of every kind. You need a lamp to find a way through a dark jungle. Likewise, in the jungle of life, you need the light and guidance of good men to keep you company on the right path and to take you to the right goal.”

- Sri Sathya Sai Baba, February 19, 1987

WHY THIS TOOLKIT?

This toolkit focuses on general hangouts among recent graduates of the SSE Programme and new YAs to allow YAs to connect, inspire, and help one another put Sri Sathya Sai Baba's Divine teachings into practice. The SSSYAP addresses some of the unique needs of individuals between the ages of 18 and 40. Hangouts are a creative and engaging way to bring YAs together and feel united as a YA community. From spiritual discussions about applications of Sri Sathya Sai Baba's Universal teachings and mission to interactive activities focused on team bonding, general hangouts enable YAs to get to know one another and establish connections.

SHARE!

What do you do in your YA hangouts? Share, comment below, or feel free to explore what our YA families around the world do to connect and hang out!

Click “Share” or scan the QR code link!



HANGOUT EVENTS

WHY?

Conducting interactive YA hangouts in your local centre or region can create a strong connection between new and established YAs. These hangouts will enable new YAs, especially Group 4 students, to experience and embody spirituality in practice outside of the Sri Sathya Sai Baba's centre setting. The SSE graduates and new YAs will be able to witness that spirituality is not only about a dedicated time of worship but is also an achievable lifestyle.



HOW?

Hangouts are a great way to connect new YAs with other YAs as well as the Sai Community at large. Recommendations on how these hangouts can be conducted are as follows:*

1. Plan the hangouts well in advance - think about a date, time, and location that will be feasible for all the YAs.
2. Establish an appropriate time for the hangout in consideration of the Sri Sathya Sai Centre calendar (and SSE calendar if Group 4 students are involved).
3. Use this opportunity to ensure that the YA hangouts are as inclusive as possible.
4. Brainstorm a variety of activities - some that are focused on team bonding and building connections and some that teach important morals based on Sri Sathya Sai Baba's teachings.
5. Ensure that the SSE coordinator is involved in the process if Group 4 students are included in the hangout and that all centre guidelines are followed.
6. Initiate frequent communication between the new YAs and the YA circle using digital platforms.
7. Some potential hangout ideas include sports days, picnics in the park, envirocare and clean-up activities, long walks, hikes, cycling, service activities, etc.

HANGOUTS FOCUS AREAS

1. SPIRITUALITY

1. Connecting with Sri Sathya Sai Baba.
2. Growing our faith in Sri Sathya Sai Baba.
3. How to bridge our spiritual and social lives.
4. How to put Sri Sathya Sai Baba first in our lives in work, college, home, etc.
5. How to apply Sri Sathya Sai Baba's teachings in times of distress or adversity.



2. SOCIAL/COMMUNITY

1. Communication and public speaking.
2. Building self-confidence and self-discipline.
3. Understanding others' perspectives and how to show empathy.
4. How to manage stress.
5. How to react to challenges at the workplace or in college.

3. BUILDING CONNECTIONS

1. Discussing the importance of teamwork.
2. Establishing frequent communication and an accessible network.
3. How to cooperate and resolve conflicts.
4. Exemplifying unity in diversity.

Do you have a general hangouts focus area to include that you don't see here? Reach out to Pathways at pathways-team@sathyasai.org so we can be sure to include it.

RELEVANT SUBCOMMITTEE LINKS**

Click on the subcommittee logo to be taken to their website. Sai Ram!





PART 4 | Devotional Programmes

“In this busy age of fear and anxiety, the remembrance of God and repetition of His name is the one means of liberation that is accessible to all.”

- Sri Sathya Sai Baba, April 12, 1976

WHY THIS TOOLKIT?

This toolkit focuses on the opportunities for YAs to cultivate community and spiritual connection through devotional programmes offered at the Lotus Feet of Sri Sathya Sai Baba. The SSSYAP addresses some of the unique needs of individuals between the ages of 18 and 40. Devotional offerings allow YAs of all ages to explore creative avenues of expressing their love for Sri Sathya Sai Baba. These offerings present an accessible space for YAs to collaborate, lead, innovate and reinforce their spiritual connection with Sri Sathya Sai Baba.

SHARE!

Looking for inspiration for your next YA devotional offering? Check out the Ocean of Music Subcommittee for a repository of devotional songs and opportunities to be involved in the next International YA offering!

Click “Share” or scan the QR code link!



DEVOTIONAL PROGRAMMES

WHY?

Conducting YA devotional programmes in your centre/region can create avenues in which all YAs, especially those new and younger, feel welcome to participate in your local YA community. These offerings would allow for collaboration and teamwork between new and established YAs, resulting in strong devotional offerings that are allowing for guidance and lessons on navigating different college and career stages, as well as understanding how to improve our spirituality. Furthermore, it will foster a support network within the Sai fold that can help YAs not only grow spiritually, but also socially and emotionally, as YAs learn more from each other on how to approach other aspects of life.

HOW?

Devotional programmes can involve one or more various forms of experiencing and repeating Sri Sathya Sai Baba’s name. Recommendations on how devotional programmes can be conducted are as follows:*



Sai Young Adults Bridges Toolkit

1. Invite all YAs to participate. Provide them with various opportunities as appropriate to make them feel welcome in their YA community.
2. Potential ways that YAs can be involved in devotional offerings include: bhajan singing, instrumentalists, bhajan training, Veda training and chanting, meditation guides, technical support, logistical planning, programme offering development, etc.
3. Ensure that the SSE coordinator is involved in the process if Group 4 students are included in the hangout and that all Sri Sathya Sai Centre guidelines are followed.

DEVOTIONAL OFFERING IDEAS:

1. Devotional bhajans
2. Bhajan Medleys
3. Music Jam Sessions
4. Bhajan-based games
5. Group meditation
6. Veda classes: Rudram, Suprabhatam, 108 Names of Bhagawan Sri Sathya Sai Baba, etc.
7. YA devotional group sadhanas

**Do you have a devotional offering idea to include that you don't see here? Reach out to Pathways at pathways-team@sathyasai.org so we can be sure to include it.*

RELEVANT SUBCOMMITTEE LINKS**

Click on the subcommittee logo to be taken to their website.



YOUNG ADULTS INTERNATIONAL
engagement



INSAIGHTS





PART 5 | Selfless Service

“I consider selfless service as the most important activity of the samitis (centres or service groups), for it is the highest sadhana (spiritual discipline). Do not entangle yourselves in pros and cons, in arguments for and against, whether this way or that. They are the consequence of wrong or perverted scholarship. Love ignores logic. Selfless service respects no syllogism. Try to observe the rules that have been framed through Love, to canalise the Love that you are required to cultivate. I have said this so often that all of you know my mind already: “Start the day with love; spend the day with love; fill the day with love; end the day with love; that is the way to God.”

- Sri Sathya Sai Baba, December 23, 1971

WHY THIS TOOLKIT?

This toolkit focuses on the service opportunities YAs can engage in through their local YA community. The SSSYAP addresses some of the unique needs of individuals between the ages of 18 and 40. Through activities, YAs can feel active and engaged in serving not only in their Sri Sathya Sai Centres, but in their local communities as well. Through providing service opportunities for YAs to participate in, YA groups can flourish and function as one service-oriented unit positively impacting their local communities, developing stronger connections with one another and with Sri Sathya Sai Baba.

SHARE!

What service projects do your local YA communities engage in? Share, comment below, or feel free to explore what our YA family around the world does to spread Sri Sathya Sai Baba’s love in action!

Click “Share” or scan the QR code link!



SERVICE PROJECTS

WHY?

Conducting service projects can be a great way to practice love in action, positively affecting your local neighbourhood and region. Engaging in service as a YA group supports this impact to a greater extent, with a greater number of YAs coming together under Sri Sathya Sai Baba’s mission to “Love all, Serve all” internationally, through everyone’s combined and various



service efforts. In doing so, YAs can feel better connected to their local Sri Sathya Sai Centres and neighbourhoods, feel comfortable and welcome in these communities, and feel reinforced in their spiritual connection to Sri Sathya Sai Baba.

HOW?

Service projects can vary based on the needs and demands of the people living in one's local communities, as well as the capacity, capability and skill sets of YAs engaged in these projects.

Recommendations on how service projects can be conducted are as follows:*

1. Plan the service events out well in advance - think about a date, time, and location that will be feasible for all the YAs to participate, either virtually or in-person depending on your area or country's relevant COVID-19 protocols.
2. Establish an appropriate time for the service activity in consideration of the Sri Sathya Sai Centre's calendar (and SSE calendar if Group 4 students are involved).
3. Create space for YAs to participate. In addition to being active hands in the main service project, use this opportunity to ensure that the YA service activities are as inclusive as possible and allow YAs to get involved in ways that are convenient for them.
4. Ensure that the SSE coordinator is involved in the process if Group 4 students are included in the hangout and that all Sri Sathya Sai Centre guidelines are followed.
5. Create space for reflection! After conducting a service activity, think and allow the group to reflect on the spiritual connection they have reinforced through the service opportunity. What did they learn? What part of the service activity did they enjoy taking a part in? Did they feel the impact they were making in the community? Did they feel closer to the YA group? Did they feel closer to Sri Sathya Sai Baba?

Service PROJECT IDEAS

1. FOOD & RESOURCES

1. Volunteering at local food banks.



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2. Serving or preparing food at homeless shelters.
3. Providing blankets or winter clothing in winter months.
4. Providing supply kits to homeless citizens (toothbrushes, socks, floss, blankets, toiletries, etc.).

2. EDUCATION

1. Tutoring or mentoring students in the SSE Programme on academics, spirituality and values, life skills, social topics, etc.
2. Tutoring or mentoring students outside the SSE Programme on academics, spirituality and values, life skills, social topics, etc.

3. ENVIRONMENT

1. Recycling.
2. Water conservation projects.
3. Repurposing items or clothing.
4. Planting community gardens.
5. Neighbourhood trash clean-ups.

**Do you have a service project idea to include that you don't see here? Reach out to Pathways at pathways-team@sathyasai.org so we can be sure to include it.*

RELEVANT SUBCOMMITTEE LINKS**

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INSIGHTS





PART 6 | Joint Teaching

**This toolkit uses the Sanskrit word “guru” to describe the role one can take up as an SSE teacher in their local Sri Sathya Sai Centre, as per Sri Sathya Sai Baba’s Divine insight. Feel free to use the word guru, or teacher, to describe this engagement as per your YA community culture and preferences. Please also note Sri Sathya Sai Baba’s view on this terminology below.*

“There is a lot of difference between a teacher and a guru. A teacher transmits what he has learnt in return for a reward, whereas a guru, through his grace, enters your heart, broadens it and enables you to comprehend the aspects of Divinity.”

- Sri Sathya Sai Baba, June 20, 1973

“What the head thinks must be examined by the heart and then put into action by the hands. Education must broaden the vision to include the entire world and all mankind.”

- Sri Sathya Sai Baba, October 15, 1966

WHY THIS TOOLKIT?

This toolkit focuses on the significance of YAs serving as gurus in their local SSE Programmes. The SSSYAP addresses some of the unique needs of individuals between the ages of 18 and 40. Engaging in SSE teaching is a great opportunity for both the YAs and SSE Group 4 students to feel spiritual progress occur.

SHARE!

How are you involved in SSE? Share, comment below, or feel free to explore what our YA family around the world does to mould the minds and hearts of the next generation!

Click “Share” or scan the QR code link!



JOINT TEACHING

WHY?

YAs can serve as assistant gurus, and/or as main gurus, and given the opportunity, can engage with and inspire SSE Group 4 students. This will encourage the SSE Group 4 students to follow the spiritual path. Through these interactions, SSE Group 4 students can reflect on the purpose of life, practice relevant life applications to overcome life’s challenges and come to



follow Sri Sathya Sai Baba's message for Young Adults. Through this process of teaching SSE, YAs in turn will develop a closer connection with the Divine through independent study, reflection and relating Sri Sathya Sai Baba's message in their own words to students.

HOW?

Sri Sathya Sai Baba has always highlighted the importance of SSE gurus, as they are critical in every child's development. Recommendations on how to serve as an SSE guru are as follows:*

1. Take the relevant SSE Teacher's Training offered at your local or regional Sri Sathya Sai Centre. If already serving as an SSE guru, take the appropriate SSE teacher enrichment workshops.
2. Create opportunities in your class to discuss relevant topics related to navigating life, school, and spirituality.
3. Develop relationships, not just with each student, but their caregivers as well.
4. Involve the SSE education coordinator always.

JOINT TEACHING TOPIC IDEAS

1. Who is Sri Sathya Sai Baba? Is it better to describe Him as God or Spiritual Teacher?
2. Should I say He is God?
3. How do I speak about Sri Sathya Sai Baba in a country where it is a challenge to speak freely of Him?
4. How to manage one's own fear of judgement when speaking about Sri Sathya Sai Baba?
5. How can I balance my spiritual and social life?
6. What can YAs learn through SSSIO and Sri Sathya Sai Baba's Universal teachings?
7. What is the primary purpose of the spiritual path?



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8. My profession involves elements that go against Sri Sathya Sai Baba's values – how can I justify this?
9. How to build faith or trust in Sri Sathya Sai Baba and practice His teachings in my daily life?
10. What does it mean to surrender and how do we practice it despite our trials and tribulations?
11. Why is there importance placed on gender segregation? How do you even go about trying to explain gender segregation to someone not in the SSSIO?
12. How to respond to criticisms or negative rumours or false assumptions?
13. Aren't you too young for all this sadhana? You can do all that when you are older. You are restricting yourself too much, enjoy your life instead of giving up things. How to respond to this?
14. If Sri Sathya Sai Baba is a Spiritual Master, then why did He perform miracles? Only by His teachings and service He could have guided the society.
15. Decision making, time management, improvement of leadership skills, anger management.
16. Serve the planet, environmental monitoring.

**Do you have a subtopic idea to include that you don't see here? Reach out to Pathways at pathways-team@sathyasai.org so we can be sure to include it. Sai Ram!*

RELEVANT SUBCOMMITTEE LINKS**

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INSAIGHTS





PART 7 | STUDY CIRCLES

“A study circle does not mean only just reading and discussing and taking information into the head, but also putting into practice what is learnt. If knowledge is stored in the mind, it causes confusion and confusion leads to blowing of the fuse. How will real jnana (spiritual wisdom) develop if there is too much confusion? For instance, if you go on eating all the 24 hours, it will result in indigestion. This will lead to disease. What is eaten should be digested and then only you should eat again. In the same way, you should listen (eat) in the study circle and put into practice (digest) what you have learnt. Again, you can have another round of listening in the study circle. Now what you are doing is only loading and loading and no unloading. How much can you sustain like that? So, you should go on loading and unloading, listening and practising. You have to practice whatever you have learnt. Then only it becomes a real study circle.”

- Sri Sathya Sai Baba, January 1, 1985

WHY THIS TOOLKIT?

This toolkit focuses on how to help facilitate study circles for SSE Group 4 students and YAs as an out of classroom activity. The SSSYAP addresses some of the unique needs of individuals between the ages of 18 and 40. Outside the SSE classroom, study circles can be initiated by YAs or by centre members. Study circles dive deep into spiritual and social topics surrounding YAs, eliciting discussion and reflection on Sri Sathya Sai Baba’s teachings.

SHARE!

What conversations are you having with your YA community? Add on to our compilation of what topics of conversation our YA family around the world are reflecting on!

Click “Share” or scan the QR code link!



STUDY CIRCLES

WHY?

Conducting study circle sessions with YAs and SSE Group 4 students will be beneficial towards having joint conversations and reflections on spirituality in practice in our day-to-day lives. Group 4 students will benefit and be guided on this from hearing YAs reflect on



spirituality in their stage(s) of life. YAs will also benefit from hearing the reflections from Group 4 students on these topics, sharing wisdom they have learned over the years, and learning as much from Group 4 as the SSE students can learn from YAs! Additionally, new YAs and Group 4 students will receive more interaction and insights into the YA fold through these sessions, allowing them to develop stronger connections with the YA group and with Sri Sathya Sai Baba.

HOW?

Study circles are a great way to foster interactions between Group 4 students and YAs (preferably 18 to 22-year-olds) and help them understand Sri Sathya Sai Baba's teachings and its applications. Recommendations on how to conduct these programmes are as follows:*

1. Study circle attendance may depend on the size of your YA group, age, and other demographics, as well as general YA participation in the centre.
2. YA-led study circles can take place biweekly or once a month.
 - 2.1 This allows participants time to reflect post-discussion, have some breathing room to digest heavy topic discussions or insights, and in the case of a spiritual sadhana being discussed in such sessions, can take time to practice spiritual principles in action.
3. For centre-based study circles, encourage YAs to participate in their centre activities by attending study circles.
 - 3.1 Make it fun and try challenging them to attend as many sessions as possible and group them in teams to see who can be as active as possible, etc.
 - 3.2 Encourage YAs, especially newer ones, to have some responsibility in the study circle session. Each study circle, a YA can prepare a certain question to ask in the session - this ensures YAs are being representative and are actively participating in centre study circles, but also allows for different voices to be heard each session.



- 3.3 One idea to encourage participation can be designating one YA to share a summary of the study circle with the rest of the YA circle via email and incorporating a 'challenge' as an incentive to see which YAs are able to attend the most number of study circles.
4. Places to facilitate study circle
 - 4.1 The session can take place virtually (e.g., Zoom) or in-person (provided COVID-19 safety guidelines allow for this).
 - 4.2 Preferable to be in person for better connection and discussion flow, but this will vary based on your local YA group community.
 - 4.3 Regardless, if your study circle is virtual or in-person, try to make it as interactive as possible for maximum participation to occur.
5. Have an open mind and open heart.

STUDY CIRCLE TOPIC IDEAS

1. Who is Sri Sathya Sai Baba? Is it better to describe him as God or Spiritual Teacher?
2. Should I say He is God?
3. How do I speak about Sri Sathya Sai Baba in a country where it is a challenge to speak freely of Him?
4. How to manage one's own fear of judgement when speaking about Sri Sathya Sai Baba?
5. How can I balance my spiritual and social life?
6. What can YAs learn through SSSIO and Sri Sathya Sai Baba's Universal Teachings?
7. What is the primary purpose of the spiritual path?
8. My profession involves elements that go against Sathya Sai Baba's values – how can I justify this?
9. How to build faith or trust in Sri Sathya Sai Baba and practice His teachings in my daily life?



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10. What does it mean to surrender and how do we practice it despite our trials and tribulations?
11. Why is there importance placed on gender segregation? How do you even go about trying to explain gender segregation to someone not in the SSSIO?
12. How to respond to criticisms or negative rumours or false assumptions?
13. Are you not too young for all this sadhana? You can do all that when you are older. You are restricting yourself too much, enjoy your life instead of giving up things. How to respond to this?
14. If Sri Sathya Sai Baba is a Spiritual Master, then why did He perform miracles? Only by His teachings and service could He have guided society.

Do you have a study circle topic idea to include that you don't see here? Reach out to Pathways at pathways-team@sathyasai.org so we can be sure to include it.

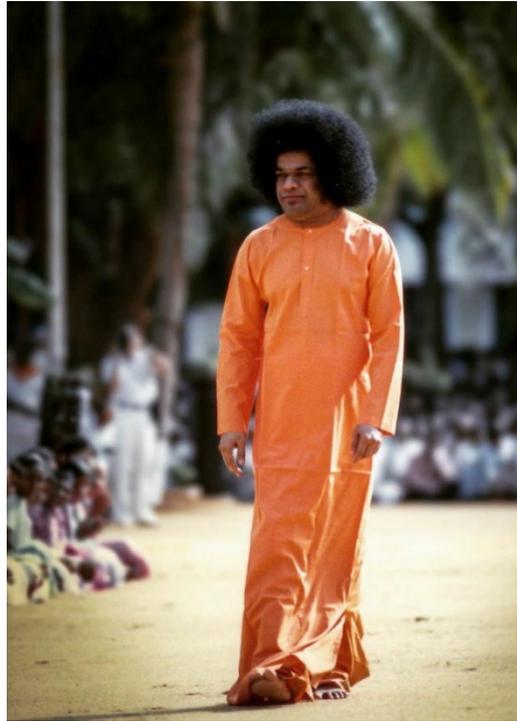
RELEVANT SUBCOMMITTEE LINKS**

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**Do you have a recommendation to include that you don't see here? Reach out to Pathways at pathways-team@sathyasai.org so we can be sure to include it.*

***For more study circle topics and ideas, please check out the YAIE Subcommittee SSSIO Sri Sathya Sai Compendium for Sai Young Adults, the Serve the Planet Subcommittee [study circle guides](#) for environmental-based topics, or the list of topics shared by YAs above.*



“I am hoping that you plunge into society and do service to society and thereby use the bridge to reach God.”

- Sri Sathya Sai Baba, October 25, 1973

**With His Blessings, Love & Guidance,
Pathways Subcommittee
SSSIO International Young Adults Committee**



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