

Self Transformation Awareness and Reflection Month SSE Connection

Week – October	Topics Per Week	Sadhana /Activity
Sep 28- Oct 4	Silence: This is the first step in sadhana; it makes the other steps easy. It promotes self-control; it lessens chances of anger, hate, malice, greed, pride. Besides, you can hear His Footsteps, only when silence reigns in the mind.	<u>SSE Groups 1 and 2:</u> Practice Silent Sitting for 3-5 mins either in the morning or evening daily <u>SSE Groups 3 and 4:</u> Practice Jyoti meditation either in the morning or evening daily
Oct 5- Oct 11	Cleanliness: It is the doorway to Godliness. Inner and outer cleanliness are essential, if you desire to install God in your heart.	<u>SSE Groups 1 and 2:</u> Practice Silent Sitting for 3-5 mins either in the morning or evening daily <u>SSE Groups 3 and 4:</u> Practice Jyoti meditation either in the morning or evening daily All groups: Keep your room clean and keep your physical body clean
Oct 12- Oct 18	Service: Service saves you from the agony you get when another suffers; it broadens your vision, widens your awareness, deepens your compassion. All waves are on the same sea, from the same sea, merge in the same sea. Seva teaches you to be firm in this knowledge.	<u>All SSE Groups together:</u> Conduct a seva activity led by Group 4 where all SSE groups can participate (it can happen at the center or at an offsite location in the community) <u>Suggestions:</u> Putting together hygiene kit Birthday kits for children in shelters Arts and Crafts kits for children at the Hospital Blanket drives Book drive
Oct 19- Oct 25	Love: Do not calculate or weigh the reaction, result or reward. Love calls; love responds. Love is God, live in Love.	<u>SSE Groups 1 and 2:</u> https://sssio.info/star-sse-love (SONG ON LOVE with animation) <u>SSE Groups 3 and 4:</u>

		~5-minute Phillip Matthews experience from <i>Sathyam Shivam Sundaram</i>
Oct 26- Oct 31	Hatelessness: Adhweshta Sarva Bhoothanam - No being is to be looked down upon as secondary, inferior, unimportant, or expendable. Each has its allotted role in the drama designed by the Almighty. Do not slight, insult or injure any being; for, He is in every being and your slight becomes a sacrilege.	<u>SSE Groups 1 and 2:</u> <u>We are all connected</u> https://sathyasai.us/education/activities/we-are-all-connected (refer to activity) <u>Song:</u> ONLY ONE LOVE https://sairhythms.sathyasai.org/song/only-one-love <u>LOVE ALL SERVE ALL</u> https://sairhythms.sathyasai.org/song/i-only-have-one-message-you <u>SSE Groups 3 and 4:</u> ~5-minute Phillip Matthews experience from <i>Sathyam Shivam Sundaram</i>