

Devotion Session Format

The teachers arrive 5-10 minutes before the start of the class and set up the altar. Soft instrumental music is also played. Bhajan leaders are assigned.

Children enter quietly
Bow down to the altar
Take a seat
Sit in silence

Should a student arrive late, the student stands quietly outside the door without disturbing anyone inside; the student tries to follow along mentally with the proceedings inside.

At 10 AM
Close the door
Turn off the light/music
Silent sitting for 1 minute (Tuning in)
Chant “Aum” 3 times

(Start with the “A” sound from the navel...the “U” from the tongue...the “M” with the lips...the chant should gradually increase in volume like an approaching plane, reach a maximum, then decrease in volume like a plane flying away. There should be a small period of silence between two successive chantings of OM)

OM must be recited slowly and with deliberation. The sound must be like an aircraft, first approaching from a distance to the spot where you are, and then flying away again into the distance. It should start softly at first, but gradually become louder and louder, and then slowly relapsed into silence; this silence after the experience being as significant as the Pranava – Bhagwan Sri Sathya Sai Baba

Prayer – Reflect on the God you are praying to. Ganesha, Guru and Saraswathi shlokas are recited. Seek spiritual qualities when praying. Pray with faith.

Realize that God is all mercy, eager and anxious to fulfil your prayers, if they arise from a pure heart. Pray to God to illumine your mind, awaken your intelligence, and be your Teacher. He will surely guide you right, from the altar of your own heart...He gives you what you ask; so be careful what you ask. Learn to ask the really beneficial boons. - Bhagwan Sri Sathya Sai Baba

When in difficulty, pray with faith for guidance before jumping in any direction. The Lord will reveal to you the way out of dilemma. Ask the Lord and He will answer. - Bhagwan Sri Sathya Sai Baba

Name – Chant “Aum Sri SaiRam” 9 times. Name of the Lord should be chanted with faith. (When saying “Aum” remember to chant correctly)

Have the Name bright and clear on your tongue, in your mind, and the Form symbolized by it before your eye and mental vision – nothing can harm you - Bhagwan Sri Sathya Sai Baba

Bhajan – Sing with devotion; work on your Bhajan at home before coming to class.
The melody must emerge from the heart, from genuine love...This will have a transforming effect on the individual as well as the community and the world - Bhagwan Sri Sathya Sai Baba

Meditation(3 minutes) – Teacher to play/say the light meditation prompts.
Sit with eyes closed; sit straight; try not to move; use the light meditation technique.

Talking too much will weaken your nerves. When your nerves become weak, your tongue will also not be under control. It is because of this that our ancestors gave so much importance to silence. They observed silence over long periods of time. - Bhagwan Sri Sathya Sai Baba

Man is divine; he can purify himself into perfect divinity by the process of meditation, taken up with eagerness and followed with faith. - Bhagwan Sri Sathya Sai Baba

Aum Shanthi Shanthi Shanthih – This chant helps pray for peace at three levels – peace for the body, peace for the mind, and peace for the soul. Remember to chant “Aum” correctly. Swami says that the first Shanthi should be chanted loudly, the second one slightly softer and the third one very soft.

Finally, you end the Pranava recital with the chanting of ‘peace’ three times. That completes the process of clarification and purification. The first call for peace is for the purification of the body, part of the Self. The second call is for the purity of the mind. And the third call is for the purification of the spirit. The Pranava recital will tone you up, calm all agitations in the mind, and quicken the downpour of grace - Bhagwan Sri Sathya Sai Baba

Ending the class:

Silent sitting (1 min) – Reflect on the material discussed in the class

“Loka samasthah sukhino bhavanthu”

Remember to chant “Aum Shanthi Shanthi Shanthih” correctly.

Bow to the altar

Teachers to turn on the music – students leave the class quietly.