MY HUMBLE PRANAMS AT THE LOTUS FEET OF
BHAGWAN SRI SATHYA SAI BABA
Om Shri Sai Ram

SCIENCE OF SEVA AND SADHANA

by,

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Swami's Quotes on Seva

“For the human beings love & service are like two wings with the help of which one should strive to realise the spirit.”

“Wherever you go I am there & whatever form you pray I am there & wherever you work it is Prashanti do it with Divinity & Sincerity.”

He Says “Paropkaarardham Idam Shariram”
This body is meant to help others.
Why Should we do Seva? (Selfless Service)

- To purify the mind. To remove contamination.
- Purity leads to unity.
- To reach to Divinity through Purity & Unity.
Sadhana

- Sadhana is transformation that leads to fulfillment.
- Sadhana is a spiritual practice that is done to tune ourselves with almighty.
- Sadhana is energy established to recognise the lord within us.
Why should we do Sadhana?

- To derive the inner joy.
- To remove the selfishness & desire.
- It helps us to have the unity of thoughts, words & deeds.
- Ceiling on desires.
- Dedication to serve others.
Seva & Sadhana are Inextricable

- Sadhana, enable the right attitude to do seva.
- Thus, Sadhana strengthens our soul and remove our weaknesses to engage in seva with pure heart.
- Seva purifies the mind to do Sadhana
Overview of Human Energy Field Study
Using Bio-Well (The most advanced scientific instrument for the study of Energy)

- **Purpose**: To observe and record the level of energy influence in human due to Seva & Sadhana for well-being.
- **Venue**: Prashanti Nilayam, Puttaparthi, Dist. Anantapur. (AP)
- **Process**: A sample study of about 46 people, sevadals Male/Female of different age groups, different seva points, including group leaders was done. The Pre & Post energy scan of all samples was done during the seva tenure. All the samples were given the sadhana activity with their respective seva activity.

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A surprisingly unique technology that measures your Physical, Psychological & Emotional Energy accurately and 100% scientifically!

Sputnik Antenna
Bio-Well
Sputnik Antenna screens energy of the environment. With Sputnik we can...
Objectives of Project

The Objectives of this research have been -

- To study and analyze EPI - Electro Photonic Imaging in detail.
- To observe and record the level of energy influence in human being due to Seva and Sadhana.
- To assess the change in energy levels and co-relate the findings due to Seva and Sadhana.
- Assessment of physical, psychological, emotional and spiritual bioenergy fields of individuals during Seva activity.
- Quantitative analysis of the change in anxiety & stress levels due to Sadhana.
- To assess the change in the chakra energies due to Seva and Sadhana.
Human Energy Scanning Process
Graphical Representation of Total Case Studies with Respect to Age Groups

Total Females - 19
Total Male - 27
Total Case Studies - 46
Sadhana Activity

- Daily meditation and prayers.
- Namasmaran and Bhajan singing
- Study of Sai literature
- Avoidance of talking ill of others, especially in their absence.
- Ceiling on desires
- Help ever, hurt never

- Be good, do good, see good
- Be simple and sincere
- Silence is the speech of spiritual seeker
- Chanting of 21 Omkars
- Chanting of Sai Gayatri Mantra
- Prem Sadhana.
Case Study - 1
Name: Mrs. NT
Female: Age - 36 yrs.
Seva Point: Super hospital
Sadhana: ▪ Help ever hurt never ▪ 21 Sai Gayatri Mantra
Case Study - 2
Name: Mrs. RV
Female: Age - 49 yrs.
Seva Point: South Canteen
Sadhana: ▪ 21 Omkar ▪ 21 Sai Gayatri Mantra
Case Study - 3

Name: Mr. CM
Male: Age - 63 yrs. District President
Sadhana:
- Humbleness in speech
- 15 Minutes Silence Sitting
CONCLUSION

Results of 46 Case Studies in Totality (All 3 Parameters)

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Good</td>
<td>36.9%</td>
</tr>
<tr>
<td>Good</td>
<td>34.7%</td>
</tr>
<tr>
<td>Stable</td>
<td>10.8%</td>
</tr>
<tr>
<td>Negative</td>
<td>17.3%</td>
</tr>
</tbody>
</table>

Inclusive all Males, Females and Group leaders
Graphical Representation of % Positive Changes in Male & Females with Seva & Sadhana in terms of individual parameters

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sevadal</th>
<th>Energy Field</th>
<th>Chakra</th>
<th>Stress Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Male</td>
<td>75%</td>
<td>70%</td>
<td>45%</td>
</tr>
<tr>
<td>2</td>
<td>Female</td>
<td>87.5%</td>
<td>68.7%</td>
<td>56%</td>
</tr>
</tbody>
</table>

M - Male - 27 Nos.
F - Female - 19 Nos.
Graphical Representation of % Positive Changes in Group Leaders (Male & Female) with Seva & Sadhana in terms of individual Parameters

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sevadal</th>
<th>Energy Field</th>
<th>Chakra</th>
<th>Stress Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Male</td>
<td>57.14%</td>
<td>71%</td>
<td>14.2%</td>
</tr>
<tr>
<td>2</td>
<td>Female</td>
<td>33.3%</td>
<td>33.3%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Group Leaders
- M - Male- 07 Nos.
- F - Female- 03 Nos.
Our observations for the lesser % of Positive Changes in Group Leaders.

- Administrative Pressure
- There should be humbleness in communication
  As humility is basis of mankind, it teaches us to be humble.
- EGO: E - Edging, G - God, O - Out

Where as, the % Positive Change in the results of Sevadal is comparatively high.
Suggestions

- Suggestion is to conduct a pre orientation training camp of group leaders and motivate them to communicate to Sevadals lovingly.
- Practising “Prem Sadhana” (Speaking with Love) with everyone is a big Sadhana for group leaders.
We whole heartedly thank...

- Shri Nimish ji Pandya  
  (All India President, SSSSO)
- Shri Ramesh ji Sawant  
  (State President, Maharashtra, SSSSO)
- Shri Satpute ji, (Batch Incharge)
- Shri. Mukesh ji Patel
- Dr. Krishna Madappa, (President, ISSS, USA)
- All Sevadal for their unconditional support & motivation while conducting the project at Prashanti Nilayam, Puttaparthi.
I express my love & pray
Bhagwan Baba for his blessings...

|| समस्त लोकः सुखिनः भवन्तु ||