

|| Om Shri Sai Ram ||

**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 & where ever 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



Over view 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. Anantpur. (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.
- **Parameters of Assessment** : 1. Energy Field 2. Chakras 3. Stress Levels.

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we can...

Objectives of Project

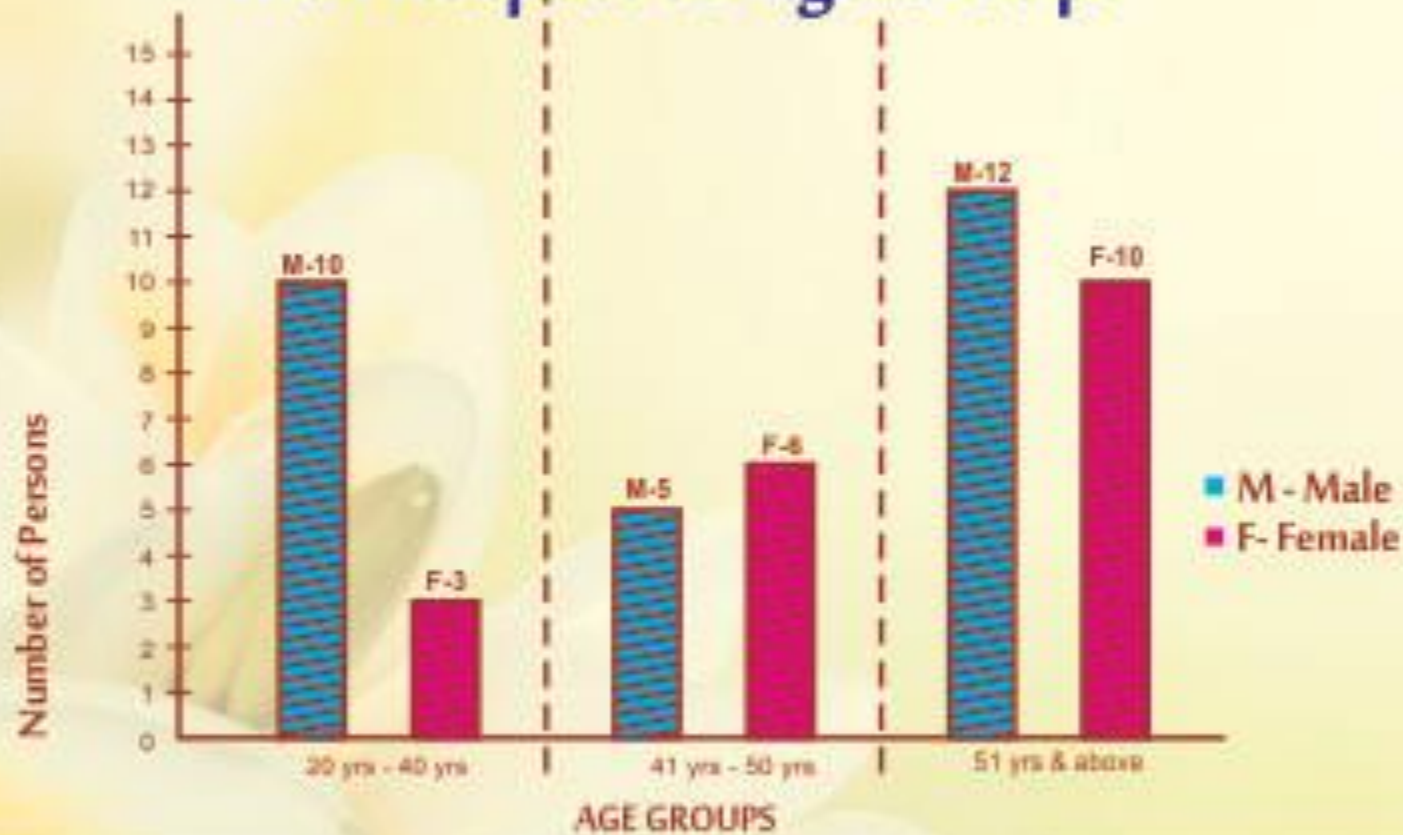
The Objectives of this research have been -

- 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

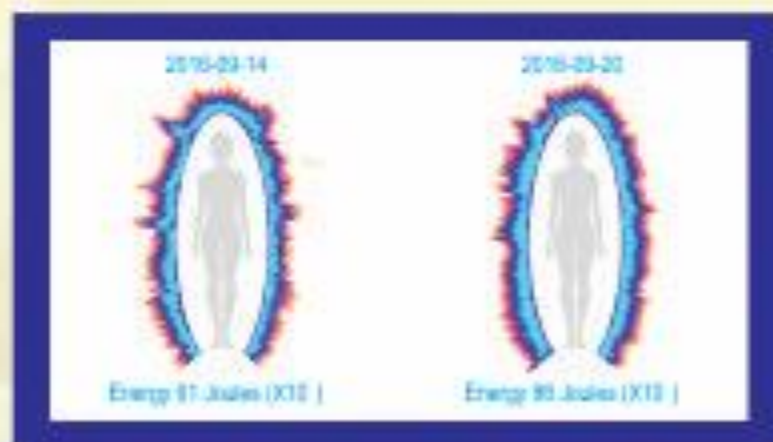
- Daily meditation and prayers.
- Namasmaran and Bhajan singing
- Study of Sai literature
- Avoidance of talking ill of others, especially in their absence.
- Ceiling on desires
- Help ever, hurt never
- Be good, do good, see good
- Be simple and sincere
- Silence is the speech of spiritual seeker
- 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

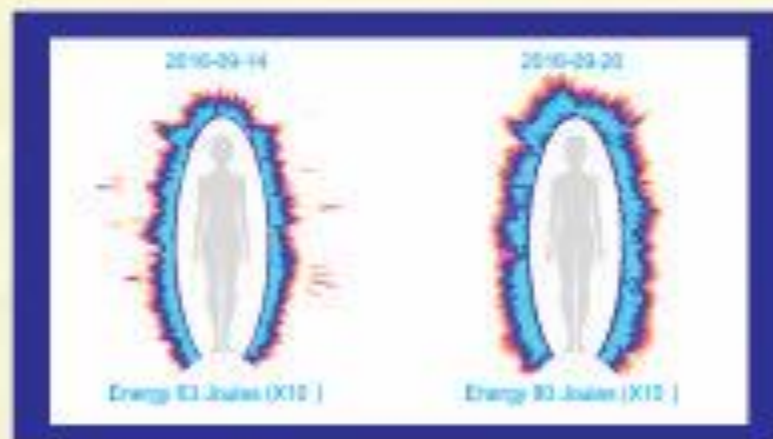
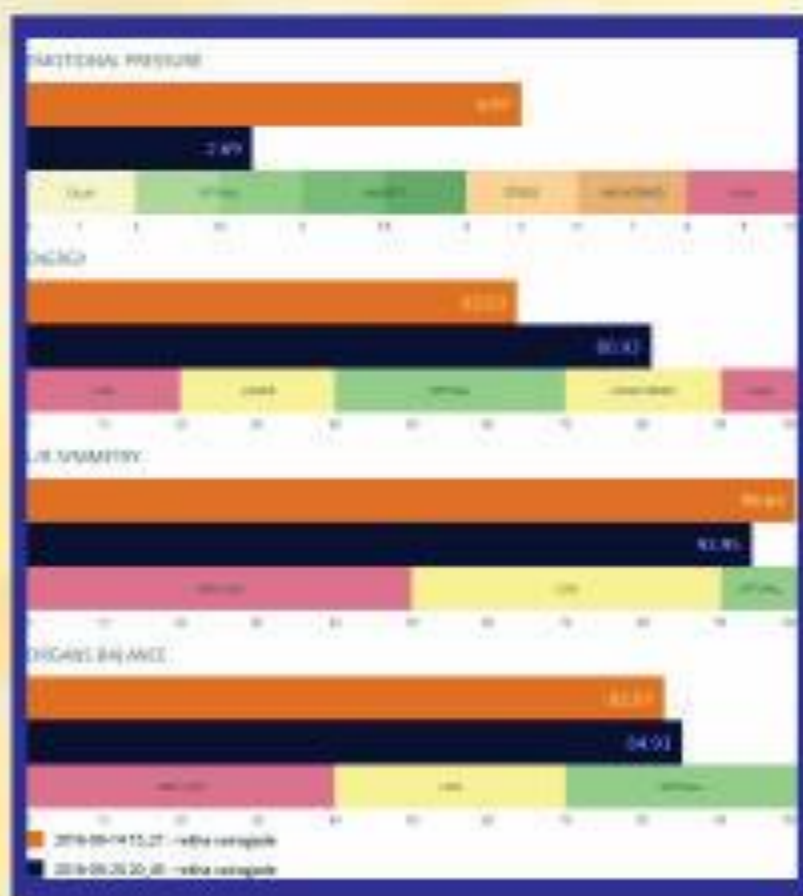


Case Study - 2

Name : Mrs. RV

Female : Age - 49 yrs. **Seva Point :** South Canteen

Sadhana : ■ 21 Omkar ■ 21 Sai Gayatri Mantra



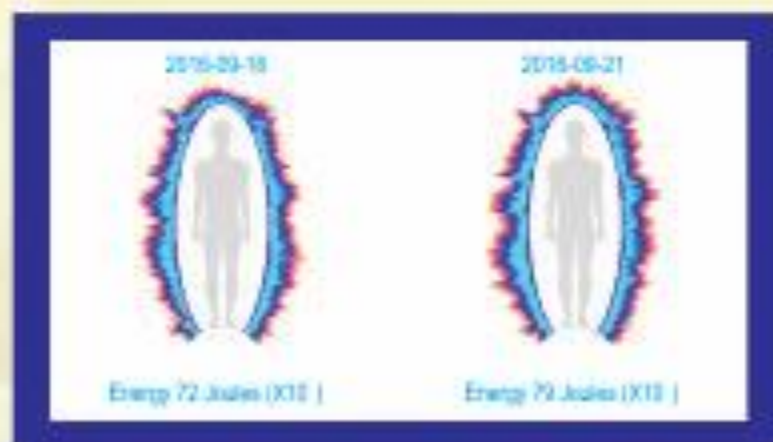
Case Study - 3

Name : Mr. CM

Male : Age - 63 yrs. **District President**

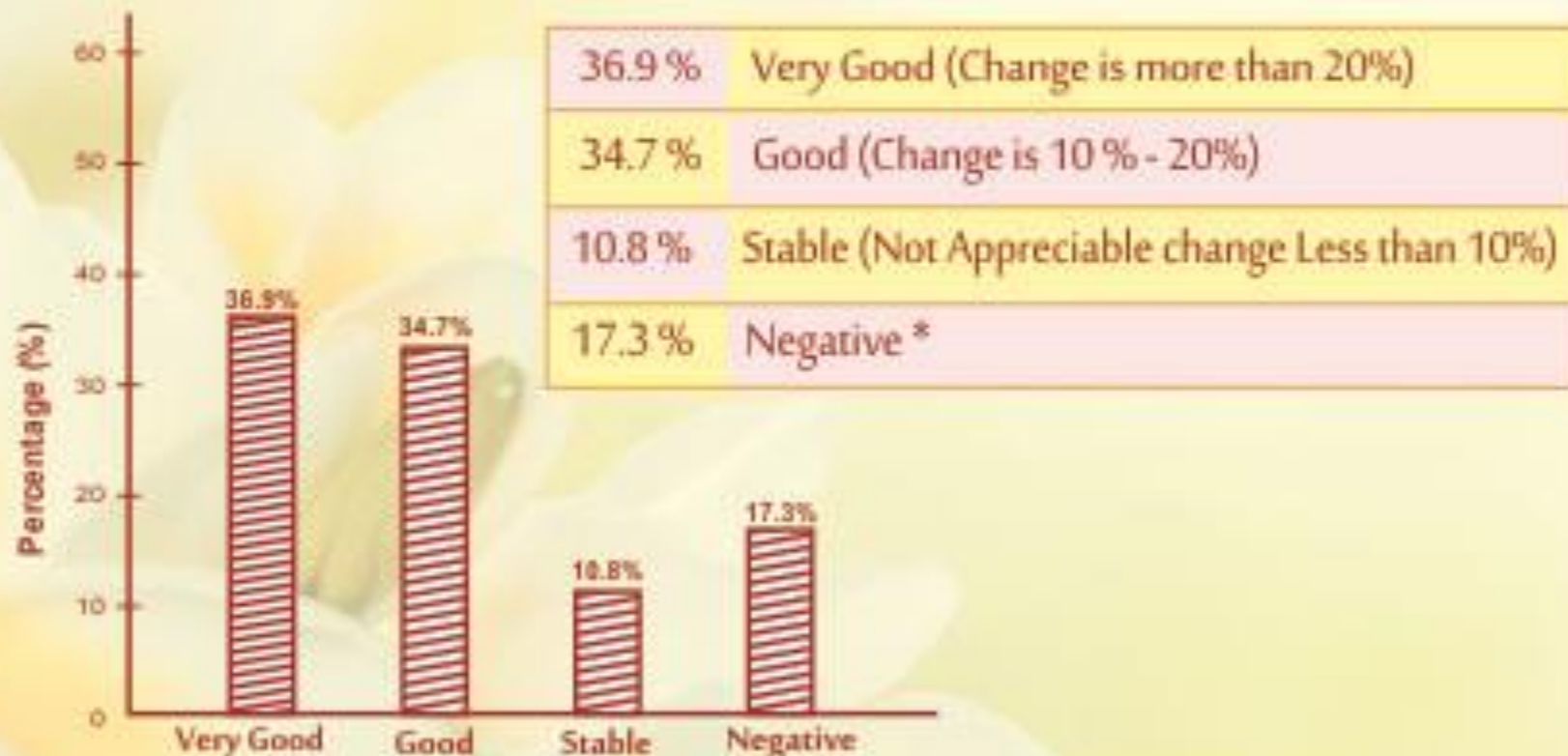
Sadhana : ■ Humbleness in speech

■ 15 Minutes Silence Sitting



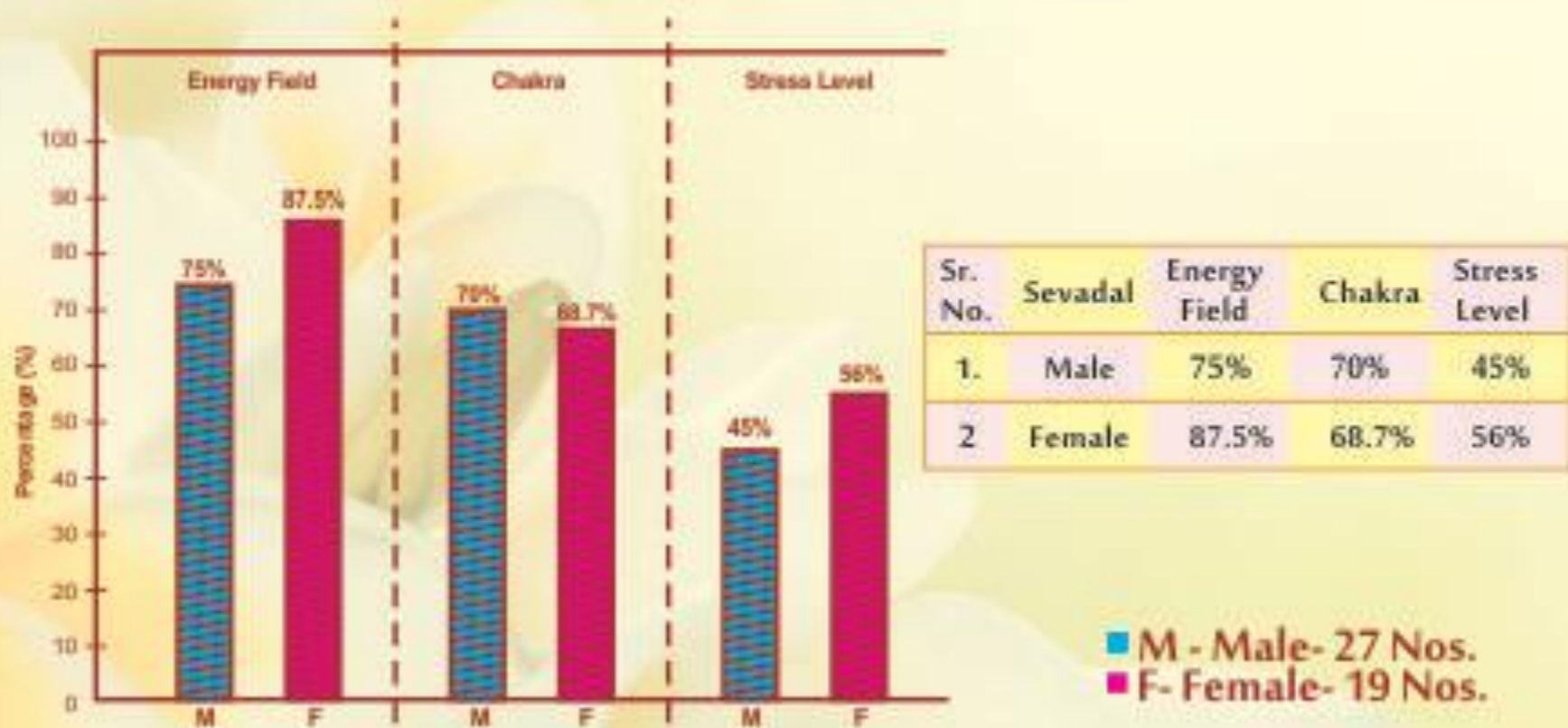
CONCLUSION

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

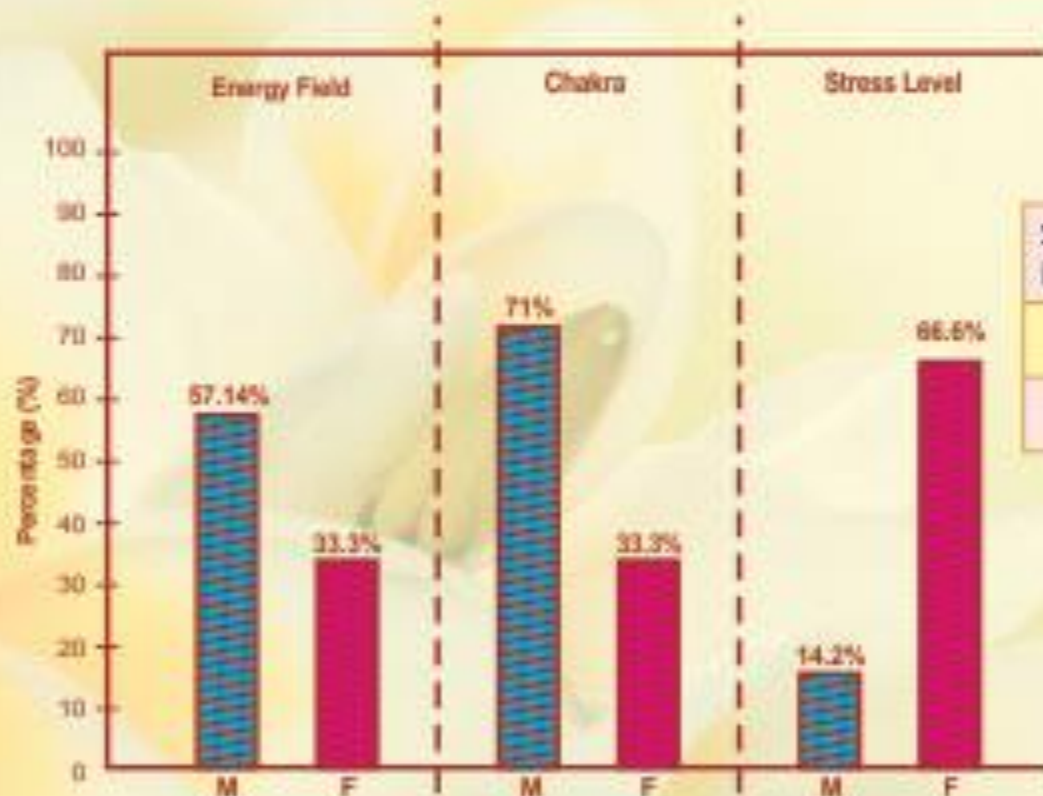


Inclusive all Males, Females and Group leaders

Graphical Representation of % Positive Changes in Male & Females with Seva & Sadhana in terms of individual parameters



Graphical Representation of % Positive Changes in Group Leaders (Male & Female) with Seva & Sadhana in terms of individual Parameters



Sr. No.	Sevadal	Energy Field	Chakra	Stress Level
1.	Male	57.14%	71%	14.2%
2	Female	33.3%	33.3% 6	6.6%

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 Sevalal 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 लोकाः सुखिनः भवन्तु ॥