



How to play

Step 1

Open app *Realising Omnipresent Indwelling Sai* (ROIS) app
<https://rois.appgyverapp.com/> your journey starts...

Step 2

Register yourself using your name, age group and your email address on the Home page.

Create your own login and password. **Do this before the Thursday, 1 September 2022, when the Sadhana plan officially begins and know that it finishes on Monday, 10 October 2022.**

Suggestion for children who do not have their email address, use one of the parent or guardian who is not participating in the Sadhana program. The other option is to create a Gmail account and use for registration

Step 3

Every day, you should fill out the "Log my Daily Activity" form on the Play page. Select any number of tasks you prefer and completed that day. It's that easy!

Step 4

Each time you submit your activity, you will accumulate points you've contributed that day.

Your total points will be calculated and you can track your own progress in the tracker section in the Sadhana section so that you know how you have performed.

The Game officially finishes on Monday, 10 October 2022. A week prior to the retreat.

Consistency is key!

Keep activities fair, keep it honest! Please don't double dip on points for one activity (e.g. 15 minute and 30 minute workout points when you've only done one 30 minute workout!)

Push yourself! Try new things! Explore the world of Spiritual Activities, **realise the Omnipresent Indwelling Sai in every activity...**

Activities list for juniors! (under 14 years of age)

Music

- Listened to a bhajan / devotional song
- Sang a bhajan / devotional song
- Learnt a new bhajan / devotional song
- Played an instrument
- Attended an online/in- person devotional singing session

Time and resource upkeep

- Kept my shower time to less than 1 bhajan
- Spent less than 20 minutes on leisure technology or social media per day
- Went a full day without leisure technology
- Made a daily homework planner
- Followed my daily homework planner
- Completed household duties that I am responsible for (e.g. empty dishwasher, take rubbish out, laundry, watering the plants, feed pets etc)

Health

- Spent more than 15 minutes outdoors
- Did some stretches or yoga
- Drank 2 bottles of water
- Ate 2 servings of fruits today (a serving is about the size of a handful!)
- Ate 2 servings of vegetables today (a serving is about the size of a handful!)
- Avoided sugary drinks for the whole day
- Avoided sugary treats the whole day
- Made or helped make a healthy meal for my family
- Finished all the food on my plate
- Food prayer before all meals

Environment

- Planted something at home or attended a tree planting event
- Planted something edible (herbs / veggies) in home garden / patio
- Ate herbs or edible plants from garden / patio at home
- Helped in the garden
- Helped maintain a compost bin
- Picked up rubbish items in my environment or attended a clean up event
- Helped clean the house
- Used my own reusable food container
- Used my own reusable drink bottle
- Hugged a tree
- Did not throw away my food

Spiritual Connecting

- Chant Gayatri Mantra 3 times in the morning and in the evening
- Recited a sloka/prayer
- Learnt a new sloka/prayer
- Read/watched / listened to a Sai /value-based story
- Helped a friend / family member
- Attended SSE class
- Shared something of mine with someone else
- Stayed calm and positive through a challenging situation
- Helped my teacher before / after class

Activities list for SSE 4 Children, Young Adults and Adults! (15 years or above)

Music

- Attended a Devotional program
- Singing session (online or in-person)
- Sang a devotional song, bhajan
- Learnt devotional song, Vedam, bhajan
- Listened to a devotional song, bhajan
- Played a musical instrument

Time and resource upkeep

- Kept my shower time to less than 1 bhajan
- Spent less than 20 minutes on leisure technology or social media per day
- Went a full day without leisure technology
- Made a daily planner / task list
- Followed my daily planner / task list
- Completed necessary household duties

Spiritual Connecting

- Practiced meditation, mindfulness, prayers or silent sitting for at least 15 minutes
- Listened to a religious chant (any chant from any religion)
- Chant Gayatri Mantra three times in the morning, midday and evening.
- Daily practise of Vedic chants at home or for the retreat
- Daily Nama Likitha Japam
- Food prayer before all meals
- Read and reflected on a chapter of religious or spiritual literature
- Read and reflected on a spiritual or religious quote
- Listened to or watched a religious or spiritual discourse
- Attended a study circle session / sathsangh online or in person
- Attended SSE class (for Grp 4 students)
- Thought positively and avoided criticising others in thoughts and words for the whole day

- Spoke softly and lovingly the whole day
- Make a spiritual or religious drawing or painting
- Avoid unnecessary purchases (ceiling on desires)
- Put money in savings for donations / donating to a good cause (ceiling on desires)
- No leisure technology at meal times for entire day (mindful eating)

Health

- Woke up at or before 6am
- Min. 10 minute light stretch or yoga
- 30 minute workout
- 60 minute workout
- Outdoor hike/ outdoor workout activity
- Ate only while hungry or until full
- Had a plant-based or vegetarian meal
- Full day vegetarian / vegan
- Had a home cooked meal
- Drank 1.5L water
- Attended a blood donation appointment
- Donated blood
- Actioned advice from Blood service (e.g. saw GP, increasing iron intake)
- Donated plasma
- Helped a friend who donated blood (e.g: accompanied them, provided transport, provided food/water after)
- Held a positive affirmation for the day
- Started/made an entry in a gratitude journal
- Checked in on a friend or a family member who you haven't spoken to in a while

Environment

- Planted/used produce from a veggie / herb garden at home
- Planted a tree at home/attended a group tree planting event
- Cared for home garden
- Opted for locally sourced or grown produce
- Used my own reusable food container
- Used my own reusable drink bottle
- Used reusable bags during shopping
- Opted for grocery items with less non-recyclable packaging
- Recycled cardboard, paper, glass and hard plastic (as marked) waste using yellow bins
- Recycled soft plastics at local supermarket or council appointed drop off points
- Upcycling items (reusing for different purpose)
- Tried using less electricity to heat or cool my room or my house
- Picked up rubbish items in my environment or attended a clean up

event

- Donated/helped at a local food bank
- Greeted a stranger with a smile
- Performed a random act of kindness
- Stayed calm and positive through a challenging situation

Resources

There are many apps and resources from within, and outside the organisation.

Information on Spiritual Practices

[Swami's discourse on Chanting Gayathri Mantra 3 times a day Removes all your Sins | Best time to Chant](#)

Sai Literature

Sathya Sai Speaks, the Vahini series, Summer Showers and more are available in PDF format online, free of charge.

[Sathya to Sai](#) is a YouTube series run by the Sri Sathya Sai Official Media team that goes through the stages of the early life and works of Bhagawan Sri Sathya Sai Baba.

[Uncle Lion's Tales](#) are a series of values based short animated videos by the Sri Sathya Sai Media Centre team! There are two seasons of fantastic stories to enjoy

Gita for Children: is the Bhagavat Gita simplified and made approachable for all our juniors

[Chinna katha](#) are some illustrated short stories based on values and [Swami's teachings](#).

Mindfulness and Meditation

Meditation

The YouTube Channel has information on the significance of certain spiritual practices, such as

[Unguided meditation](#)

[Guided Light Meditation](#)

Mata Betty founded the guided Rose Silent Sitting. This was endorsed and blessed by Swami as a way to help us concentrate and contemplate. You can find the recording [here](#)

Headspace is an app which offers guided mindfulness meditation modules. There are ten free modules.

Search Headspace on Play Store/App Store. There are also other similar apps

Health and Fitness

This [website](#) has some information and tutorials on how to maintain one's physical health at an optimal level through the use of yoga. There are also several apps to get you started on yoga, and workout routines. Try running a search in the Play Store, or the App Store

Check out this [online cookbook](#) for many tasty and healthy vegetarian recipes (some of which are meals that Swami would have himself!) for you to try out!

Check this [video](#) for some tips and tricks for beginners to start on your journey to vegetarianism and veganism

If you want to take this to the next level and actually implement these tips to starting your vegan journey, you can even find some tasty and healthy vegan recipe options for you [here](#) and [here](#)

Music

On the Radio Sai app, you can listen to live broadcasts of bhajan sessions from Prasanthi Nilayam.

The Sri Sathya Sai Bhajan Channel on Youtube has a "Bhajan a Day" series sung by the Prasanthi Mandir singers. A great source of new bhajans to learn.

The Radio Sai website has a [Bhajan Tutor](#) section, with details of lyrics, notations and recordings of bhajans to learn.

The Brindamrutam app (available in both the [Play Store](#) and the [App store](#)) is a great app which has the lyrics to many Sanskrit bhajans, it is categorized by alphabet, deity, raga and even nagarsankeerthan!

Scriptures

Veda

There are Veda tutorials available free of charge on [SaiVeda - Home website](#).

[Radio Sai Vedic Chants](#)

Veda chants for the retreat

Saturday Chants	Sunday Chants
Om x3	Om x3
Ganapathy Prarthana	Ganapathy Prarthana
Sri Rudram: Namakam	Ganapathy Atharva Sirsham
Shanti Mantra from Chamakam	Purusha Suktam
Svasti Mantra	Shivopasana
Kshama Prarthana	Svasti Mantra
	Kshama Prarthana

There are also many apps on the Play store/App store with Vedic chants and their meanings.

Christianity

There are many websites and apps to read the bible.

One such resource is the Online Bible on the [International Bible Society website](#)

[Sathya Sai baba divine discourses - Christmas](#)

Islam

Translations of the Quran available [online](#)

Sri Sathya Sai On: [Teachings of Prophet Muhammad and Islam](#)

Buddhism

[The Heart of Buddha](#)

[Buddhist Meditation](#)

Zoroastrian

[Transformative Experience in Zoroastrian Religion](#)

Judaism

[\(706\) What is Judaism and what do Jews believe? - YouTube](#)

[Jewish High Holy Days | Sri Sathya Sai International Organization](#)

Please contact us if you find that any of the above links or activities are not congruent with the principles of the Sri Sathya Sai International Organisation.

Contact : retreatsadhanaplan@sssio.org.au

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