

Akhanda Sri Sathya Sai Satcharitra Parayana Saptaham: April 16 to April 23, 2020

General guidelines:

- Please partake vegetarian food. Absolutely no alcohol or smoking. Observe spiritual silence and ceiling on desires.
- Please dedicate a fixed time and place and complete the reading of all 7 chapters (please do not spread out the parayanam in a day).
- Doing parayana according the attached PDF file of Tapovanam from Thu April 16 to Wed April 22 & join the Laksharacana on Thursday April 23.
- Parayanam schedule by Chapters: Thu 1-2, Fri 3-4, Sat 5-6, Sun 7-10, Mon 11-13, Tues 14, Wed 15-18

Parayana Format (available as mp3 at <http://saisevasadan.org/asp2020/>)

a. Ganesh Prayer (Ganapathi Prarthana)

b. Guru Prayer, 3 Gayatri

c. Sankalapam

mama upAtta samasta durita kshaya dvAra, sri sAyeeswara muddisya, sri sAyeeswara preetyartham, Vishwa shanthartham, Sri Satya Sai Satcharitra Parayanam aham karishye.

d. Dhyanam

*Om Namah Pranavarthaya, Mangala Prada Murthaye,
Prashanti Nilayasthaya, Sathya Sayin Namoh Namah*

e. Pancha Upacharas

Om Lam Prithvi Tatvatmakayai Sri Sayeeswaraya Namah, Gandham Parikalpayami

(offer sandalwood paste and/or touch and spread tip of the thumb from bottom to top of little finger)

Om ham akasa tatvatmakayai Sri Sayeeswaraya Namah, Pushpam Parikalpayami

(offer a flower or touch and/or spread tip of the index finger from bottom to top of the thumb)

Om Yam Vayu Tatvatmakayai Sri Sayeeswaraya Namah, Dhupam Parikalpayami

(offer incense or touch and/or spread tip of the thumb from bottom to top of index finger)

Om ram tejo tatvatmakayai Sri Sayeeswaraya Namah, Dheepam Parikalpayami

(offer lamp or touch and/or spread tip of the thumb from bottom to top of middle finger)

Om vam amrta Tatvatmakayai Sri Sayeeswaraya Namah, amrta naivedhyam Parikalpayami

(offer fruit or touch and/or spread tip of the thumb from bottom to top of ring finger)

Om sam sarva tatvatmakayai Sri Sayeeswaraya Namah, sarvapakaran Parikalpayami

(offer namaskaram)

lam ityadi pachOpacArAn Samarpayami

yathA Sakthi Shri Sathya Sai Satcharitra pArAyanam aham karishyAmaha

tadanga Sri Sai Ashtottara Satanama Japam Karishye

f. Chant and/or follow 108 names of Sri Satya Sai Baba:

g. Daily parayanam followed by the slokam:

tava kathāmṛtaṁ tapta-jīvanam

kavibhir īḍitaṁ kalmaṣāpaham

śravaṇa-maṅgalaṁ śrīmad ātataṁ

bhuvi grṇanti ye bhūri-dā janāḥ

Meaning: The nectar of Your words and the descriptions of Your activities are the life and soul of those suffering in this material world. These narrations, transmitted by learned sages, eradicate one's sinful reactions and bestow good fortune upon whoever even hears them. These narrations are broadcast all over the world and are filled with spiritual power. Certainly those who spread the message of Godhead are most munificent.

h. Arati: chant and / or follow 3 Times Shirdi Sai Gayathri, 3 Sai Gayathri

Om Sayeeswaraya vidmahe, satyadevaya dhimahi, tannah sarva pracodayat (3x)

Om shirdivasaya vidmahe, saccidanandaya dhimahi, tannah sayi pracodayat (3x)

i. Namaskaram:

tvameva mata ca pita tvameva, tvameva bandhusca sakha tvameva

tvameva vidya dravinam tvameva, tvameva sarvam mama deva deva, tvameva sarvam mama sai deva.

kayena vaca manasedriyairva budhyatmanava prakrte svabhavah

karomi yadyat sakalam parasmair narayanayeti samarpayami

Sriman Narayana yeti samarpayami

Satya Narayana yeti samarpayami

Sai Narayana yeti samarpayami

- j. **Svastih prajabhyam paripalayantam.....9 times Samastha Lokha Sukhino Bhavanthu**
- k. **Brahmarapanam**
- l. **Vibhuti prayer & Om Sri Sai Jaya Sai**