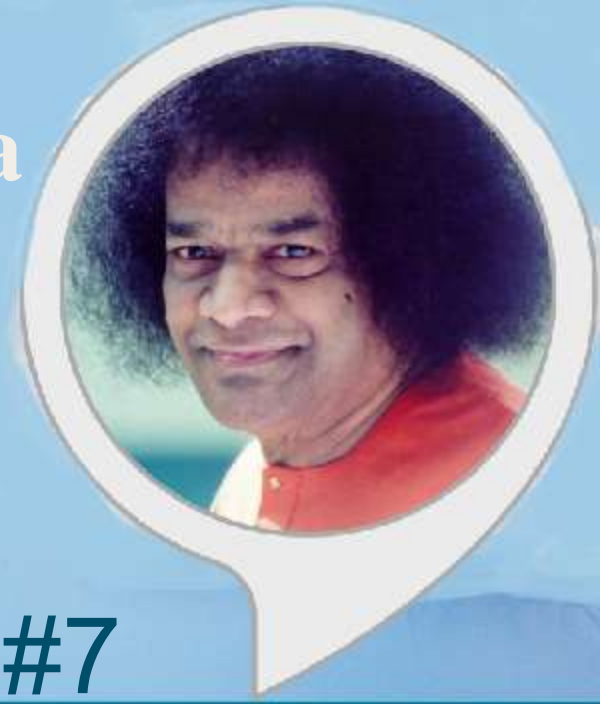


# 1008 Days of Sadhana

Starting: Thursday, 08/19/2021

Ending: Sunday, 11/23/2025



Your Name:

## Sadhana Offering #7

### PICK ALL 7 DAYS OF THE WEEK



Please pick all 7 days of the week. Write "Sun, Mon, Tue" as an example below. So, you can follow it every week.

### WRITE YOUR DAY

*NOTE: Please do this **2 weeks of** a month starting from 8/19/2021 to 11/23/2025*

### **Mandatory Activities: 21 AUMS / 9 SAMASTHA LOKA**

- Activity 1 : Pick one sadhana activity [\_\_\_\_\_]
- Activity 2 : Pick one sadhana (follow this only once every 2 months until 11/23/2025) [\_\_\_\_\_]



For more information, please contact us >>>

**NOTE: Please print this document with your information and post it in a visible place where it serves as a reminder.**

### Sadhana Activities

- > 108 Sai Gayatri
- > 108 Gayatri
- > 108 Aum Sri Sai Ram
- > 108 Ashthotram
- > Rudram Chanting
- > Tapovanam Reading
- > SSS / Vahini Reading
- > Namalikitha (Writing Names)
- > Sravanam (Listening)
- > Bhajans
- > Service Activity
- > Study Circle
- > Silence
- > Meditation
- > Pick Your Own Sadhana

[www.sssgc-usa.org/1008sadhana](http://www.sssgc-usa.org/1008sadhana)

Email: Center Officers