

Sai Spiritual Education

As part of the curriculum for Sai Spiritual Education, the children are asked to maintain a spiritual diary which is to be filled in under the supervision of the parents. This not only helps to ensure that the children take back home what they have learnt in class, but also helps them to practise the values in their everyday life. Below is an example of a spiritual diary that would be given to the younger children (age group 6-7). As the children get older the type of diary they keep will change with children being asked to record a little more detail e.g. changes/benefits they have noticed after practising a particular spiritual sadhana.

Spiritual Diary (For age group 6 to 7 years old)

Today I;	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Spoke the truth																															
Did Sai Gayatri																															
Did the food prayer																															
Did the Morning Prayer																															
Did my homework																															
Brushed my teeth																															
2 Minutes silent sitting																															

Sai Gayatri

Aum Saayeeshvaraaya Vidmahe
Sathya Dhevaaya Dheemahi
Thannah Sarvay Prachodayat

Om Shanti Shanti Shanti

Morning Prayer

Karagre Vaaste Laxmi
Karmadhye Saraswati
Karmoolye Tu Govinda
Prabhate Kardarshanam

Om Shanti Shanti Shanti

Food Prayer

Harir Daata Harir Bhonkta
Harir Annam Prajapathihi
Harir Vipra Sharir Astu
Bhonkte Bhojayate Harir

Om Shanti Shanti Shanti

Be honest with yourself because honesty is the best rule