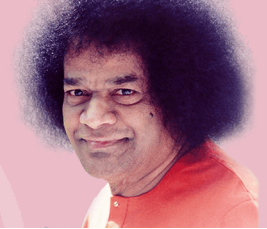




SELF-SACRIFICE

www.sathyasai.org/sadhana-of-love



What is self-sacrifice?

Bhagawan Sri Sathya Sai Baba told us that self-sacrifice is the loving sacrifice of all sense of ego and separateness to the Lord. He said that "self-sacrifice is, in its essence, love." Since God is love, self-sacrifice is an essential step on the path to realising God. It follows on from Self-confidence and Self-satisfaction, and is the final step before Self-realisation. Sathya Sai Baba said:

Sacrifice is an offering, a giving up to the Lord, a dedication to the Lord. What is to be sacrificed to the Lord is the sense of ego, of 'mine'. Once all sense of ego is sacrificed to the Lord, given up to the Lord, heart and mind are purified of ego-attributes and Divinity can then be realised.

[Conversations with Bhagawan Sri Sathya Sai Baba](#), pp.214-215



The flute is the symbol of self-sacrifice because we must be hollow and devoid of ego, like the flute, for God's loving will to flow through us freely.

The Atmic Principle (*Atma Thathwa*) can be realised if only one could shed the feelings of 'I' and 'mine'. ... First and foremost, one has to remove the feeling of 'I' (ego). Then realisation will dawn on you.

Sathya Sai Baba, Sathya Sai Speaks (SSS) 41.10: 18 July 2008,
<http://www.sssbpt.info/ssspeaks/volume41/sss41-10.pdf>

30-day challenge

This 30-day challenge has been created to help you along the path to developing self-sacrifice. As part of the challenge, each of us will commit to practising our chosen self-sacrifice sadhana for at least 30 days. The more love and enthusiasm the better!

You can do this yourself or you can buddy with a fellow devotee who has chosen the same sadhana.

Be sure to check out the Guidelines for how to get started.

Requirements: Selfless love and surrender

Surrender to the Will of the Divine.

Sathya Sai Baba, SSS 21.6: 21 January 1988,
<http://www.sssbpt.info/ssspeaks/volume21/sss21-06.pdf>

Sadhana highlight

In the Sadhana of Love programme, there are 18 self-sacrifice sadhanas to choose from. To give you a sample, here's one of the divine offerings, along with a supporting quote:

Sadhana 3.15 – See all work as God's work.

Do all acts as offerings to God; do not classify some as 'my work' and some as 'His work.' All work is His; He inspires, He helps, He executes, He enjoys, He is pleased, He reaps, He sowed. He alone exists, for all this manifoldness is but He, seen through the mirror of Nature! Everything is for the attainment of the Supreme to be utilised for that high purpose. Nothing is to be used as itself, for itself. For Sai devotees, this is the only proper way of life. No selfish object; only selfless objectives. And, the objective is realising the reality, that is, the Atma, God!

Sathya Sai Baba, SSS 10.14: 18 July 1970,
<http://www.sssbpt.info/ssspeaks/volume10/sss10-14.pdf>

God is love, and love is selflessness. Selflessness is the abolition of all sense of the ego and separateness, of all spurious identification with the isolationist life of that counterfeit thing called 'self' (ego); self (ego) is separateness, and separateness is the denial of wholeness, holiness, God. ... The Godward process called 'self-sacrifice' is, in its essence, love. For God is love, and love alone can lead to Him. Sathyam Shivam Sundaram – The Life of Bhagawan Sri Sathya Sai Baba, 4.6, Part C, <http://www.vahini.org/sss/iv/words-c.html>

Guidelines

- Check out the 18 self-sacrifice sadhanas. These sadhanas help develop your self-sacrifice.
- Guided by your conscience, choose one of the 18 sadhanas to practise. Choose the one that will most develop your self-sacrifice and love.
- You can download and refer to pages 50 to 71 of the main *Sadhana of Love* document from <https://www.sathyasai.org/sadhana-of-love>
- Read Sathya Sai Baba's quotes about your chosen sadhana. Reflect on how you can apply His teachings in your life.
- As part of your 30-day challenge, practise your sadhana every day with more and more love. Fill your thoughts, words and deeds with love!
- Remember that Swami said that self-sacrifice is essentially letting go of the ego, allowing it to dissolve in pure and selfless love, which is our True Self.

The self-sacrifice sadhanas

- 3.1 Eliminate the six enemies of man: desire, anger, greed, delusion, pride and jealousy.
- 3.2 Practise Ceiling on Desires, do not waste food and utilise the savings for service of the needy.
- 3.3 Practise Ceiling on Desires, do not waste money and utilise the savings for service of the needy.
- 3.4 Practise Ceiling on Desires and do not waste time.
- 3.5 Practise Ceiling on Desires and do not waste energy.
- 3.6 Practise JOY: Jesus first, Others next and Yourself last.
- 3.7 Serve your family members with love and detachment, and keep your home and surroundings clean.
- 3.8 Engage in selfless service within the Sathya Sai International Organisation.

- 3.9 Engage in selfless service with the Sathya Sai International Organisation in the wider community.
- 3.10 Participate in the educational programmes conducted by the Sathya Sai International Organisation for children.
- 3.11 Help Ever, Hurt Never.
- 3.12 Make friends with Sathya Sai Baba and take Him everywhere with you.
- 3.13 Surrender your likes and dislikes.
- 3.14 Practise giving and forgiving.
- 3.15 See all work as God's work.
- 3.16 Remember constantly that God is the doer and you are the instrument.
- 3.17 Develop detachment.
- 3.18 Surrender your ego to the Lord.

Give no room for the ego. If anyone examines his position in this vast cosmos, he will realise his infinitesimal smallness. Egoism arises out of ignorance. Expel the ego and develop love. With love, develop the spirit of sacrifice. Sacrifice alone can confer immortality.

Sathya Sai Baba, SSS 30.10: 11 April 1997,
<http://www.ssbpt.info/ssspeaks/volume30/sss30-10.pdf>

Next steps

Once your selected self-sacrifice sadhana is well established in your daily life, you can choose further sadhanas to develop your selfless love. This will help prepare you to surrender all sense of ego and separateness to the Lord.

Our next 30-day challenge is **Self-realisation**.



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It is not a question of surrendering or giving to someone else. One surrenders to himself. Recognition that the Atma is oneself is surrender. Surrender really means the realisation that all is God, that there is nobody who surrenders, that there is nothing to be surrendered, nor is there anyone to accept a surrender. All is God. There is only God.

Conversations with Bhagawan Sri Sathya Sai Baba, p.102 or http://media.radiosai.org/journals/Vol_04/01JUL06/conversation.htm